



C.A.T. DIABETES PREVENTION PROGRAM

**JOIN OUR LIFESTYLE
CHANGE
PROGRAM TODAY!**

Take The Risk Assessment Today At:

<https://ChristApostolicTemple.org/dpp/>

*** THIS WEEK'S SESSION**

**Stay Motivated to Prevent
Type 2**

●.....●
DATE: MONDAY- NOVEMBER 17TH

TIME: 6:30 PM

**LOCATION: CHRIST APOSTOLIC TEMPLE-
FELLOWSHIP HALL**

**1230 EAST 17TH STREET
DES MOINES, IA**

To attend virtually, please provide your
email address to

jacquelyn.seymour@yahoo.com

**ELIGIBLE ATTENDEES RECEIVE A
MONTHLY
BOX OF PRODUCE**

