



C.A.T. DIABETES PREVENTION PROGRAM

**JOIN OUR LIFESTYLE
CHANGE
PROGRAM TODAY!**

***Please Note:
No Class Session
September 22, 2025
Maintenance Break**

Take The Risk Assessment Today At:

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

*** THIS WEEK'S SESSION ***
Get Support

DATE: MONDAY- SEPTEMBER 15, 2025

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**