

# **C.A.T. DIABETES PREVENTION PROGRAM**

**Join Our Lifestyle  
Change  
Program Today!**

## **\*This Week's Session\***

- ✓ **The Purpose of Being More Active**
- ✓ **Identifying Ways to Be More Active**
- ✓ **How to Track More Details About Your Activity**

**Take The Risk Assessment Today  
at: <https://christapostolictemple.org/dpp/>**

**Date: Monday- June 30th**

**Time: 6:30 PM**

**Location: Christ Apostolic Temple-  
Fellowship Hall**

**1230 East 17<sup>th</sup> Street**

**Des Moines, IA**

**Eligible Attendees Receive A  
Monthly  
Box Of Produce**

