

# 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 \***

**Getting Back on Track**

**DATE: MONDAY- SEPTEMBER 8TH**

**TIME: 6:30 PM**

**LOCATION: CHRIST APOSTOLIC TEMPLE-**

**FELLOWSHIP HALL**

**1230 EAST 17<sup>TH</sup> STREET**

**DES MOINES, IA**

To attend virtually, please provide your  
email address to

**[jacquelyn.seymour@yahoo.com](mailto:jacquelyn.seymour@yahoo.com)**



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