



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 Active To Prevent Type 2**

**Date: Monday- August 18th
Time: 6:30 PM**

**Location: Christ Apostolic Temple-
Fellowship Hall
1230 East 17th Street
Des Moines, IA**

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



**To attend virtually, please provide your
email address to
jacquelyn.seymour@yahoo.com**

