



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
Take Charge of Your Thoughts

Date: Monday- August 25th

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

