



C.A.T. DIABETES PREVENTION PROGRAM

**Join Our Lifestyle
Change
Program Today!**

Take The Risk Assessment Today

@ <https://christapostolictemple.org/dpp/>

**This Week's Session
*Managing Triggers**

Date: Monday- August 11th

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

