

C.A.T. DIABETES PREVENTION PROGRAM

Join Our Lifestyle
Change
Program Today!

This Week's Session

- ✓ **Identify Factors That Affect Eating Habits & Food Choices When Eating Away From Home**
- ✓ **Identify Ways to Form Habits That Support Healthy Eating While Away From Home**

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

Date: Monday- August 4th

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**

