



7 DAY **ADVANCED** **SHAPE UP**



enhance your life

Register by Aug 19, 2026

August 21 to 27, 2026

This is a lifestyle intervention program to implement healthy habits, addressing the root causes of many chronic lifestyle related diseases. We provide wholefood plant-based meals and high nutrient density, whole food powder mix with powerful phytonutrients for 7 days.



\$183.75 copay.
(\$108.75 copay for first time enrollment in all wellness programs)

*Your Health
Is Our Mission.*



**Guam Seventh-day
Adventist[®] Clinic**

388 Ypao Road
Tamuning, Guam 96913
671-648-2521
www.adventistclinic.com

VISIT OUR WEBSITE FOR MORE INFORMATION

Register at the Clinic. Registration form available online. Registration will not be accepted by phone.
Ages \geq 65 taking medications should consult their primary care provider before enrolling.