



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



enhance your life

Register by Nov 25, 2026

December 8 to 15, 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 ≥ 65 taking medications should consult their primary care provider before enrolling.