



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



enhance your life

**Register by Sept 22, 2026**

**September 25 to October 1, 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](http://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.