



7-DAY ADVANCED

SHAPE UP

enhance your life

Register by Nov 27, 2024
December 10 to 17, 2024

We provide whole food plant-based meals for 7 days. This is a lifestyle intervention program to implement healthy habits, addressing the root causes of many chronic lifestyle related diseases.



\$183.75 copay.
For first time enrollment in all wellness programs: \$108.75 copay

*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.