



7-DAY ADVANCED SHAPE UP

enhance your life

Register by Dec 11, 2024
December 17 to 23, 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.*



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.