



# 7-DAY ADVANCED SHAPE UP

enhance your life

**Register by Nov 6, 2024**  
**November 19 to 26, 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.*



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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  $\geq$  65 taking medications should consult their primary care provider before enrolling.