



**7-DAY ADVANCED**

# SHAPE UP

enhance your life

**Register by Oct 16, 2024**  
**October 29 to November 5, 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](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.