



7-DAY SHAPE UP

enhance your life

Register by Oct 21, 2026

November 2 to 9, 2026

We provide all your meals for 7 days. This is a starting point to change your diet and learn to eat and live healthy. Simply follow the daily schedule provided and enjoy plant-based whole food meals 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

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.