

NEWSTART

NUTRITION • EXERCISE • WATER • SUNSHINE • TEMPERANCE • AIR • REST • TRUST IN GOD

ARE YOU LIVING WITH

- Diabetes
- Prediabetes
- High blood pressure
- High cholesterol
- Excess weight
- Gout
- Kidney failure

Would you like to learn how to become healthier with the possibility to reduce your medications through lifestyle changes?

The NEWSTART program can help. Come join us and discover a **NEW** you!

We strongly recommend enrollment in Detox and Advanced Detox program while you're in this program.



StayWell
INSURANCE

\$262.50 copay
\$137.50 for first timer

Register by Apr 24, 2024
May 6 to 16, 2024



Guam Seventh-day
Adventist Clinic

1st cash prize: \$200
2nd cash prize: \$100
3rd cash prize: \$50