

NEWSTART

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



LIFESTYLE MEDICINE EDUCATIONAL PROGRAMS TO ADDRESS LIFESTYLE CHRONIC DISEASES

- | | |
|-----------------------|--------------------------|
| ✗ Diabetes | ✗ Prediabetes |
| ✗ High Blood Pressure | ✗ High Cholesterol Level |
| ✗ Excess Weight | ✗ Gout |
| ✗ Kidney Failure | ✗ Chronic Fatigue |

LEARN HOW TO APPLY LIFESTYLE MEDICINE TO:

- ✓ Become healthier & fit
- ✓ Possibly reduce your medications
- ✓ Set yourself free and be happier



To get access to meals, join our 7-day Detox, 7-day Shape Up, or our 7-day Advanced Shape Up programs - which ever is available at the time of enrollment.



\$275.63 copay
\$200.63 for first timer

Register by Sep 10, 2025
September 22 to October 3, 2025

CASH PRIZE

1st Cash Prize: **\$200**
2nd Cash Prize: **\$100**
3rd Cash Prize: **\$50**

*Your Health
is Our Mission.*



Guam Seventh-day
Adventist Clinic

Call (671) 648-2521 to Schedule Appointment | adventistclinic.com