



7-DAY ADVANCED SHAPE UP

enhance your life

Register by Sep 10, 2025
September 12 to 18, 2025

This is a lifestyle intervention program to implement healthy habits, addressing the root causes of many chronic lifestyle related diseases. We provide whole food plant-based meals and high nutrient density, whole food powder mix with powerful phytonutrients.



\$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

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.