



# 7-DAY ADVANCED SHAPE UP

enhance your life

**Register by Dec 27, 2023**  
**January 9 to 16, 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.



**100% covered**

**\$70 copay.**

**Full reimbursement from insurance upon completion of program.**

*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.