



7-DAY ADVANCED
SHAPE UP
 enhance your life

Register by May 15, 2024
May 17 to 23, 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

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.