

NEWSTART

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



LIFESTYLE MEDICINE EDUCATIONAL PROGRAMS TO ADDRESS LIFESTYLE CHRONIC DISEASES

- ✗ Diabetes
- ✗ High Blood Pressure
- ✗ Excess Weight
- ✗ Kidney Failure
- ✗ Prediabetes
- ✗ High Cholesterol Level
- ✗ Gout
- ✗ 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.



100% covered

\$94 copay. Full reimbursement from insurance upon completion of program.

Register by Mar 27, 2024

April 8 to 15, 2024

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