

NEUWSTART

for  BRAINTHRIVE

Unlock Your Best Mind & Build a Sharper Brain

Register by Jul 23, 2025
August 5 to 15, 2025

To get access to meals, join our 7-day BrainThrive, 7-day Advanced ShapeUp, 7-day Detox, 7-day ShapeUp programs - whichever is available at the time of enrollment.

Learn how to apply lifestyle medicine to:

Optimize Brain Function | Improve Cognition & Memory | Sharpen Mind | Boost Mental Focus



100% covered
\$94 copay. Full reimbursement from insurance upon completion of program.

*Your Health
Is Our Mission.*



Guam Seventh-day
Adventist® Clinic

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VISIT OUR WEBSITE FOR MORE INFORMATION

Ages ≥ 65 taking medications should consult their primary care provider before enrolling