

# NEWSTART

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



## LIFESTYLE MEDICINE EDUCATIONAL PROGRAMS TO ADDRESS LIFESTYLE CHRONIC DISEASES

- |                       |                          |
|-----------------------|--------------------------|
| ✗ Diabetes            | ✗ Prediabetes            |
| ✗ High Blood Pressure | ✗ High Cholesterol Level |
| ✗ Excess Weight       | ✗ Gout                   |
| ✗ Kidney Failure      | ✗ 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 Sep 10, 2025**  
**September 22 to October 3, 2025**

### 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](http://adventistclinic.com)