



7-DAY SHAPE UP

enhance your life

Register by Sep 10, 2025
September 22 to 29, 2025

We provide all your meals for 7 days. This is a starting point to change your diet and learn to eat and live healthy. Simply follow the daily schedule provided and enjoy plant-based whole food meals for 7 days.



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.