



7-DAY SHAPE UP

enhance your life

Register by Sep 11
September 21 to 29, 2020

Late registration: Sep 14 to 16 (late fee of \$25 not covered by insurance applies)

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.

Register at the Clinic. Registration form available online. Registration will not be accepted by phone.

Ages \geq 65 taking medications should consult their primary care provider before enrolling.



\$147.50 copay. First 10 participants: \$135 copay.

*Your Health
Is Our Mission.*



Guam Seventh-day
Adventist® Clinic

388 Ypao Road
Tamuning, Guam 96913
671-648-2521
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VISIT OUR WEBSITE FOR MORE INFORMATION

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