

NEWSTART

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

ARE YOU LIVING WITH

- Diabetes
- Prediabetes
- High blood pressure
- High cholesterol
- Excess weight
- Gout
- Kidney failure

Would you like to learn how to become healthier with the possibility to reduce your medications through lifestyle changes?

The NEWSTART program can help. Come join us and discover a **NEW** you!

We strongly recommend enrollment in Detox and Advanced Detox program while you're in this program.

CALVO'S
**select
Care**
HEALTH PLANS

100% covered.

Register by Nov 15, 2023

November 27 to December 7, 2023

1st cash prize: \$200
2nd cash prize: \$100
3rd cash prize: \$50


Guam Seventh-day
Adventist Clinic