



7-DAY ADVANCED SHAPE UP

enhance your life

Register by Nov 15, 2023
November 28 to December 5, 2023

We provide whole food plant-based meals for 7 days. This is a lifestyle intervention program to implement healthy habits, addressing the root causes of many chronic lifestyle related diseases.



100% covered.
\$97.50 copay, fully reimbursed upon completion

*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.