

2022

Guam Seventh-day Adventist Clinic
WELLNESS CALENDAR
 JANUARY TO JUNE



JAN

7-DAY ADVANCED DETOX JAN 7
 Register by Jan 5

7-DAY DETOX JAN 17
 Register by Jan 5

NEWSTART Jan 17
 Register by Jan 5

7-DAY ADVANCED DETOX JAN 28
 Register by Jan 26

FEB

DiaBeatIt FEB 7
 Register by Jan 26

7-DAY SHAPEUP FEB 14
 Register by Feb 2

7-DAY ADVANCED DETOX FEB 25
 Register by Feb 23

MAR

7-DAY DETOX MAR 7
 Register by Feb 23

NEWSTART MAR 7
 Register by Feb 23

7-DAY ADVANCED DETOX MAR 18
 Register by Mar 16

APR

DiaBeatIt APR 4
 Register by Mar 23

7-DAY SHAPEUP APR 11
 Register by Mar 30

7-DAY ADVANCED DETOX APR 22
 Register by Apr 20

MAY

7-DAY DETOX MAY 9
 Register by Apr 27

NEWSTART MAY 9
 Register by Apr 27

7-DAY ADVANCED DETOX MAY 20
 Register by May 18

7-DAY DETOX MAY 30
 Register by May 18

NEWSTART MAY 30
 Register by May 18

JUN

7-DAY ADVANCED DETOX JUN 10
 Register by Jun 8

7-DAY ADVANCED DETOX JUN 24
 Register by Jun 22



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Program's date is subject to change

388 Ypao Road, Tamuning, GU 96913, 671-648-2521



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Shape Up program is designed with whole food meals, lifestyle interventions addressing sleep hygiene, stress management, hydration, mindful eating, and physical activity. We provide training materials to help participants to improve their daily routine with an emphasis on intermittent fasting.



Detox program is an intermediate level program to help you reset your lifestyle. Meals are provided with additional raw food and phytonutrients in the meals. This program is designed with whole food approach, lifestyle interventions, addressing sleep hygiene, stress management, hydration, mindful eating and physical activity.



Advanced Detox program is also designed with whole food approach but utilizing fasting mimicking diet (all the benefits of fasting without the hunger) with emphasis on lifestyle intervention. You can still enjoy your meals (this is not a liquid diet program) with guideline provided while receiving high nutrient density food powder mix packed with powerful phytonutrients for 1 week! ***Prerequisite: 7-day ShapeUp or 7-day Detox program within the last 3 months**



NEWSTART program applies medical, behavioral, motivational, and environmental principles to the address lifestyle-related chronic disease. This is an educational program focusing on lifestyle medicine, discovering the root cause of chronic disease, utilizing evidence-based lifestyle change as the first line therapy for disease treatment and reversal. Joining both the 7-day Detox and 7-day Advanced Detox programs is recommended for the best outcome.



DiaBeatIt is a certified program meeting all quality standards by DEAP approved by ADCES. Join today and learn the most effective way to set yourself free from diabetes. You will benefit most by joining ShapeUp program in conjunction with the DiaBeatIt program. We strongly recommend joining both the 7-day Shape Up and 7-day Advanced Detox programs for the best outcome.



Medical Nutrition Therapy 100% covered! 20% copay, full reimbursement by insurance

7-day programs: 100% covered! \$59 copay, full reimbursement upon completion

DiaBeatIt: 100% Covered! \$273 copay, full reimbursement upon completion

NEWSTART: 100% Covered! \$94 copay, full reimbursement upon completion



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