



7-DAY ADVANCED

SHAPE UP

enhance your life

Register by Sep 11, 2024
September 24 to October 1, 2024

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.



*Your Health
 Is Our Mission.*



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 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.