



**7-DAY ADVANCED**

# SHAPE UP

enhance your life

**Register by Nov 27, 2024**  
**November 29 to December 5, 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.*



388 Ypao Road  
 Tamuning, Guam 96913  
 671-648-2521  
[www.adventistclinic.com](http://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.