

# NEWSTART

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



## LIFESTYLE MEDICINE EDUCATIONAL PROGRAMS TO ADDRESS LIFESTYLE CHRONIC DISEASES

- ✗ Diabetes
- ✗ High Blood Pressure
- ✗ Excess Weight
- ✗ Kidney Failure
- ✗ Prediabetes
- ✗ High Cholesterol Level
- ✗ Gout
- ✗ Chronic Fatigue

## LEARN HOW TO APPLY LIFESTYLE MEDICINE TO:

- ✓ Become healthier & fit
- ✓ Possibly reduce your medications
- ✓ Set yourself free and be happier



To get access to meals, join our 7-day Detox, 7-day Shape Up, or our 7-day Advanced Shape Up programs - which ever is available at the time of enrollment.



Register by Jun 26, 2024  
July 8 to 18, 2024

### CASH PRIZE

1st Cash Prize: **\$200**  
2nd Cash Prize: **\$100**  
3rd Cash Prize: **\$50**

*Your Health  
is Our Mission.*



Call (671) 648-2521 to Schedule Appointment | [adventistclinic.com](http://adventistclinic.com)