



# 7-DAY SHAPE UP

enhance your life

**Register by Sep 11, 2024**  
**September 23 to 30, 2024**

We provide all your meals for 7 days. This is a starting point to change your diet and learn to eat and live healthy. Simply follow the daily schedule provided and enjoy plant-based whole food meals for 7 days.



*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.