



7-DAY ADVANCED

SHAPE UP

enhance your life

Register by Jul 17, 2024
July 30 to August 6, 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

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.