

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 Nov 6, 2024
November 18 to 28, 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