



7-DAY SHAPE UP

enhance your life

MAY 27-JUN 4, 2019

REGISTER BY WED, MAY 22

We provide all your meals for 7 days. This is a starting point to help you jumpstart on implementing healthy dietary intake and lifestyle habits. Simply follow the daily schedule provided and enjoy plant-based whole food meals for 7 days.



\$147.50 copay.
1ST TEN SelectCare members: \$135.00
(regular program price is \$295)

Register at the Clinic. Forms available online. Registration will not be accepted by phone.

Visit us on
our website
for more
info!

Ages ≥ 65 taking medications should consult their primary care provider before enrolling.



SEVENTH-DAY
ADVENTIST®
GUAM CLINIC