



WELLNESS & HEALTHCARE

THE SERVICE YOU'VE BEEN LOOKING FOR

FOR CALVO'S SELECTCARE GOVGUAM MEMBERS

NEWSTART PROGRAM

Now in the 14th year, the 15-day course has been meticulously designed, critically evaluated and continuously improved to help reverse all the lifestyle chronic diseases, whether it is diabetes, high blood pressure, gout, obesity, chronic fatigue, hormonal imbalance, osteoporosis, food allergies, thyroid problems, arthritis or inflammation. During the one-month program you will discover the wonders of healthy lifestyle habits and learn the latest data on healthy lifestyle and healthy eating. Most importantly, you can be well and healthy again.



YOUR TIME WITH US WILL INCLUDE:

- Newly revised and updated program
- Healthy breakfast, lunch and dinner
- Course workbook and recipes
- Q&A session with our clinicians
- Vital signs check
- Exercise session*
- Cooking demonstration

**STARTS
FEB. 6TH**

MONDAYS-THURSDAYS FOR 15 DAYS, 5PM-7PM

- 5:00pm (30 minutes): Exercise Session*
 - 5:30pm (15 minutes): Weight, blood sugar and blood pressure check
 - 5:50pm (40 minutes): Innovative health lecture
 - 6:30pm (30 minutes): Dinner and wholistic health message
- Session 4 & 15 are reserved for one-to-one consultations.*

**Bring appropriate shoes & apparel*

Cost of NEWSTART Program \$695

FOR CALVO'S SELECTCARE GOVGUAM MEMBERS

- \$150 (FIRST 10 SIGNED UP)
- \$275 (50% CO-PAY)

SEATS ARE LIMITED! Pre-Registration is Required

**CALL TODAY!
648-2533**

COMING UP IN FEBRUARY - FREE FOR CALVO'S SELECTCARE GOVGUAM MEMBERS

2/06: NEWSTART Program Begins (15-day course)

2/16: "How To Be Well & Fit" by Dr. Marc Judd, Family Practice, 4-5pm at Public Health, Mangilao

2/20: Diabetes Clinic (Including Gestational Diabetes), 5-7pm at Seventh-day Adventist Guam Clinic

2/21: Diabetes Clinic (Including Gestational Diabetes), 5-7pm at Seventh-day Adventist Guam Clinic

2/22: Cholesterol/Hypertension Clinic, 5-7pm at Seventh-day Adventist Guam Clinic

2/23: Smoking Cessation Clinic, 5-7pm at Seventh-day Adventist Guam Clinic

2/23: "How To Be Well & Fit" by Dr. Marc Judd, Family Practice, 1-2pm, DOA

2/27: Diabetes Clinic (Including Gestational Diabetes), 5-7pm at Seventh-day Adventist Guam Clinic

2/28: Diabetes Clinic (Including Gestational Diabetes), 5-7pm at Seventh-day Adventist Guam Clinic

2/29: Cholesterol/Hypertension Clinic, 5-7pm at Seventh-day Adventist Guam Clinic

If your Department/Agency would like to host a Seminar presented by the Seventh-day Adventist Guam Clinic, contact Pinki Lujan at 688-3281.

