

Virtual Nutrition Classes

In 2026 with the SIO team



Mondays at 12-1PM PST

Chad Aschtgen, ND, FABNO

January 5th, 2026

Erica Joseph, ND, LAc, FABNO

March 2nd, 2026

Jenna Bailey, ND, FABNO

May 4th, 2026

Brooke Waldersen, ND

July 6th, 2026

Ashley Baker, ND

September 7th, 2026

Year 1 Resident

November 2nd, 2026

Join via Zoom!

Please click this link to register and join:

<https://us02web.zoom.us/j/81453310612?pwd=bS3HyJPnJ6PFGKglbYIBXlCHZpB8pa.1>



Anti-Cancer: A New Way of Life
by David Servan-Schreiber

****Registration required.
Click the link provided
on the day and time.****

Wondering how you can keep your
immune system healthy with
nutrition?

Or how to **manage adverse effects of
treatment** with diet and lifestyle
choices?

Join us for an **interactive nutrition
class** where we will discuss nutrition
and much more!

As a reminder, Seattle Integrative Oncology continues to offer seamless care through **telemedicine visits as part of our care**. This means you engage in interactive, real-time visits with your physician from the comfort and safety of your own home.

Location Contact Information:

Seattle: (206) 739-7447; Gabby or Lyneshia

Olympia: (360) 412-8951; Alicia

Everett: (425) 297-5681; Bonnie

We are also very excited to offer **on-line scheduling** through your Athena portal! Please see our website www.seattlend.com for information.