Virtual Nutrition Classes

In 2027 with the SIO team

Seattle Integrative Oncology



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



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, lifestyle and much more!

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

Mondays at 12-1PM PST

Brianne Blankenship, ND
January 4th, 2027
Makenna Herrero, ND
March 1st, 2027
Ashley Baker, ND
May 3rd, 2027
Brooke Waldersen, ND
July 12th, 2027
Jessica Harrigan, ND, LAc, FABNO
September 13th, 2027
Jenna Bailey, ND, FABNO
November 1st, 2027
Erica Joseph, ND, LAc, FABNO
December 6th, 2027

Join via Zoom!
Please click the link on our website to register and join.

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; Lyneshia or Jayanna - **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.