



Virtual Nutrition Classes

In 2022/2023 with the SIO team



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 and much more!

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

Monday, July 18th 2022 at 12-1PM PST
Jenna Bailey, ND, FABNO

Monday, September 19th 2022 at 12-1PM PST
Meghan Zech, ND

Monday, November 14th 2022 at 12-1PM PST
Jessica Harrigan, ND, LAc

Monday, January 23rd 2023 at 12-1PM PST
Erica Joseph, ND, LAc, FABNO

Join via Zoom!

Please click this link to register and join:
[https://us02web.zoom.us/webinar/register/WN](https://us02web.zoom.us/webinar/register/WN_BveDnlUfQ760gPTvGbzdFA)

[BveDnlUfQ760gPTvGbzdFA](https://us02web.zoom.us/webinar/register/WN_BveDnlUfQ760gPTvGbzdFA)

Webinar ID: 865 8314 4141

Webinar Passcode: 073024

As a reminder, Seattle Integrative Oncology is continuing to offer seamless care through **telemedicine visits** during the ongoing COVID-19 outbreak. 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

Olympia: (360) 412-8951; Larry or Tami

Everett: (425) 297-5500; Jamee or Amanda

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