



Greetings!

This is a quick reminder for those in Eastern Washington: we are hosting TWO FREE events on Monday and Tuesday of next week in Spokane, and all are invited to attend! We ask that you do pre-register for each of the free events below (there are two separate registration links). Lastly, if you won't be in the Spokane area on Monday and Tuesday but know someone who could benefit from events like these, please forward this information on to them. We look forward to seeing you this coming Monday and Tuesday in Spokane! Email us at info@washaa.org if you have any questions or concerns.



	<p>HEY SPOKANE!</p> <p>MAY 14TH-15TH WE HAVE 2 EVENTS:</p> <ul style="list-style-type: none">• MONDAY: BUILDING INTEREST IN HEALTH ADVOCACY IN THE COMMUNITY• TUESDAY: THE ABCS OF AN EFFECTIVE DOCTOR VISIT
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[Building Interest in Health Advocacy in the Community Meeting at WSU](#)

Monday, May 14 from 4pm - 6pm at [Washington State University](#)
Location: Spokane Health Sciences Building, Room 274, 310 N Riverpoint Blvd,
Spokane, WA 99202

Directions via [Google Maps](#) or look at the [WSU Campus Map](#)

We will be gathering people who are interested in Health Advocacy, and this meeting is free to attend. We hope to include medical providers, patients, patient safety organizations, insurance representatives, educators and health advocates.

Why Attend:

- Increase community support for patients and families navigating health care.
- Learn about community presentations that could help patients be more engaged in their health care.
- Identify ways for community partners to work together to support creating better health for people.
- Discuss opportunities to leverage people in the community to empower patients.

REGISTER NOW



[The ABCs of an Effective Doctor Visit](#)

Tuesday, May 15 from 10:00am - 11:30am at the [Public Library in Spokane](#)
Location: Spokane Public Library - Downtown - 906 W Main Ave, Spokane, WA
99201

Directions via [Google Maps](#), [Website Directions](#)

Have you ever left your doctor's office wishing you could have more time? In today's primary care visit, time is short and there are many issues to cover. How can you be effective and respectful of your doctor's time and get answers you want?

This session explores how to make the most of your doctor visit. It will review some of the most important ways people can be prepared by applying common health advocacy skills.

Join us for a fun and interactive session on how to make the most of your doctor visit.

REGISTER NOW



Here's to your good health,

Robin

Robin Shapiro

WASHAA Board Chair

Upcoming WASHAA Webinar

Healing Through Nutrition Webinar - June 28



The graphic is a promotional banner for a webinar. On the left is the WASHAA logo, which consists of three stylized human figures in orange, green, and blue forming a circle, with the text 'Washington State Health Advocacy Association' above and 'WASHAA' below. Below the logo is a blue box with 'WASHAA Webinar' in white. To the right of the logo is a dark blue vertical box with white text: '“Healing Through Nutrition” with Christina Tidwell'. To the right of that is a light blue box with white text: 'June 28th 11am-12pm (PST)'. On the far right is a photograph of Christina Tidwell, a woman with blonde hair wearing a black apron, standing in a kitchen with fresh produce.

When your doctor says you are healed and your labs tests are "normal," but you still feel bad, where do you turn? Have you heard "Food is Medicine"? Sorting through the "hype" online can be annoying and can leave us overwhelmed and confused. This is where Christina Tidwell, RN, MN, CHC, Owner and Founder of [Live Well with Christina](#), steps in. Join Christina for an eye-opening webinar on health and nutrition.

Free for WASHAA members and \$5 for the public.

REGISTER NOW



Mark Your Calendar and Join WASHAA! Public Presentations, Trainings & Networking Events!

May 14 - WASHAA Professional Meeting - Spokane

May 15 - The ABCs of a Successful Doctor Visit - Spokane

May 21 - The ABCs of a Successful Doctor Visit (Parkshore)
June 20 - Networking Event (Skyline)
June 28 - Healing Through Nutrition Webinar
September 12 - Networking Event (Skyline)
September 27 - Safe & Sound in the Hospital (PNV) - Free!
October 5 - WASHAA Annual Meeting 9am - 3pm
December 6 - Networking Event

*Do you have something you would like to share with the WASHAA community?
Please submit ideas to info@washaa.org.*

Washington State Health Advocacy Association
E-mail us | Call us: 206.377.3000 | Visit Our Website

See what's happening on our social sites:    