

A flyer for a WASHAA webinar. The top left features 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" and "WASHAA" below it. To the right of the logo, the text "WASHAA Webinar" is written in white on a blue background. Further right, the title "Healing Through Nutrition" is written in white on a dark blue background, followed by "with Christina Tidwell" in white on a dark blue background. On the far right, the date and time "June 28th 11am-12pm (PST)" are written in white on a light blue background. Below the date and time is a photograph of Christina Tidwell, a woman with blonde hair wearing a black apron, smiling in a kitchen setting with fresh vegetables on the counter.

Washington State Health Advocacy Association
WASHAA

WASHAA
Webinar

“Healing
Through
Nutrition”
with
Christina
Tidwell

June 28th
11am-12pm (PST)

Greetings!

This is a quick reminder to register for the FREE upcoming WASHAA webinar taking place [THIS Thursday, June 28th at 11am\(PST\)/2pm\(EST\)](#). We will be featuring Christina Tidwell, RN, MN, CHC, and Owner and Founder of [Live Well with Christina](#).

Join Christina and WASHAA for an eye-opening webinar on health and nutrition.

Check out the image below for a few reasons why you should consider attending. Check out the event [flyer](#) that can be printed and given to a friend. We look forward to seeing you online!

“Healing Through Nutrition” With Christina Tidwell

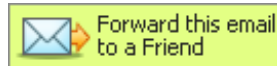


This free webinar is for you if:

- + You are experiencing low energy, brain fog, symptoms of chronic inflammation and illness
- + You know there is more you could be doing to help yourself feel better in addition to taking pharmaceutical medications but you feel overwhelmed with all of the conflicting information out there.
- + You've tried different diets already. You feel great while doing them, but when life starts to happen and you fall off the wagon, or get away from this super restrictive way of eating all of your symptoms flood back
- + You feel that no one understands what you are really going through and you aren't getting the support you need

Photo Credit: Christina Tidwell

Please spread the news by forwarding this email to anyone you think may be interested! Click "Forward this email to a friend" to share:



The event is **FREE** to attend, however **registration is still required**. Please click "Register Today" below.

[REGISTER TODAY!](#)

Washington State Health Advocacy Association
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