

Join WASHAA & Christina Tidwell for  
a FREE Webinar:

*Healing Through Nutrition*



**Thursday, June 28, 2018**

**11am-12pm PST/2pm-3pm EST**

*Healing Through Nutrition*

*When medicine is not enough*

**Learning Objectives**

- Describe the compelling science behind the benefits of eating healthier.
- Understand how to decipher conflicting dietary advice and find what works for you.
- Identify simple steps to improve digestion and gut health, reduce fatigue and eat for energy, and to improve overall well being.

**Who Should Attend?**

- Individuals, Family members, or Caregivers interested in dietary approaches for feeling better.
- Professionals/Advocates who help clients manage symptoms.

**FREE TO ATTEND - REGISTRATION IS REQUIRED**

Link: <https://goo.gl/rvjzyz>



**WEBINAR SPEAKER**

Christina Tidwell RN, MN, CHC is a Registered Nurse, Certified Health Coach and the Owner and Founder of *Live Well with Christina*, a holistic health and nutrition coaching practice.

When your doctor says you are healed and your lab tests are normal, but you still feel bad, where do you turn? Sorting through the hype online can be annoying and leave you overwhelmed and confused. This is where Christina steps in. Having experienced a debilitating autoimmune disease, Christina discovered true symptom relief and healing through nutrition. She will share doable, straight forward, evidence based strategies that have helped countless clients improve overall well being and begin to take back control of their life.



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