



Hello Friends:

WAMDA, The Western Area Massachusetts Dietetic Association, will decorate a tree at the 24th annual Festival of Trees at Mass Mutual Center to support the Springfield Boys & Girls Club. As a group of Registered Dietitians and nutrition professionals in the Western Mass area, we care about our community and are pleased to support such a worthwhile event. This year's theme for WAMDA's tree will be "Live Healthily Live Locally." We are asking for donations along this theme to help with this effort. Local gift certificates, decorations, and any other wellness, mindfulness, or self-care-related items are appreciated.

For more information about WAMDA : www.wamda.org

For more information about the Festival of Trees: <https://www.sbgc.org/fot/>

Thank you in advance for your wonderful support!

Sincerely,

Bree McAlister, MS, RD, LDN, CLES & Julie Slocombe, MS, RD, LDN

Public Relations, Western Area Mass Dietetic Association