

ECEAP Nutrition Guide

The production of this directory was made possible by the Snohomish County Nutrition Coalition, Edmonds Community College, Snohomish County Head Start, Snohomish County Early Childhood Education and Assistance Program, and the Head Start and ECEAP Nutrition subcommittee members.

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Diabetes

American Diabetes Association, Washington area: (206) 282-4616; toll-free 1-888-DIABETS; Fax (206) 903-8107. 1730 Minor Ave, Ste 920, Seattle, WA 98101. Educational programs for persons with diabetes and their families. Print lending library. Referral and information. Learn about local diabetes education programs, community resources, support groups and more.

Community Health Center (CHC) of Snohomish County – CHC offers two-hour group visits for patients at the following locations. Visits are held in Spanish and English and focus on the sharing of struggles and successes in managing blood sugar, blood pressure and cholesterol. A diabetes educator, nutritionist, behavioral health specialist and medical assistant host each meeting.

CHC Broadway Medical: (425) 789-2000
CHC 112th Street Medical: (425) 551-6200
CHC Lynnwood Medical: (425) 835-5200

Providence Diabetes Program and Nutrition Center: (425) 258-7953, 916 Pacific (7th Floor), Everett, WA. American Diabetes Association (ADA) Recognized Diabetes Program with Certified Diabetes Nurse Educators and Certified Diabetes Dietitian Educators. Individual and group education available Monday through Friday at our Everett office. Individual diabetes education also available at selected Providence Physicians Group Clinics: Monroe, Mill Creek, North Everett, Claremont, and Harbor Pointe.

Stevens Hospital: (425) 640-4000; **Diabetes Clinic:** (425) 640-4395, 21601 - 76th Avenue West, Edmonds, WA 98026. Medical nutrition therapy and individual counseling with certified diabetes educators and registered dietitians, classes, and exercise. Counseling for gestational diabetes. Fee is reimbursable by most insurance providers.

The Everett Clinic: (425) 339-5431, 3901 Hoyt, Everett, WA 98201. American Diabetes Association (ADA)-recognized Diabetes Program with certified diabetes educators. Education is offered for those with newly diagnosed diabetes to those who have lived with diabetes for years. Basic, refresher, and insulin start classes are offered at various times at our Main campus and Marysville and Stanwood clinics. Individual appointments are available during the day at our Main campus in Everett.

Valley General Hospital Diabetes Program: (360) 794-1447 x 370, 14701 179th Ave SE, Monroe, WA 98272. Certified diabetes educators provide individual visits and group classes for those with type 1, type 2, and

gestational diabetes. Appointments available Monday-Saturday. Can accommodate non-English-speakers. Accept all forms of insurance, Medicare, Medicaid, and self-pay.

Dietetic Associations

Greater Seattle Dietetic Association: No phone line. Email: greaterseattleda@gmail.com. The Greater Seattle Diabetic Association, PO Box 637, Bellevue, WA 98009. Coordinates dietitians who want to give public talks through Speaker Bureau. Dietitian consultant list is available.

North Sound Dietetic Association: Contacted through the Washington State Dietetic Association at (206) 935-5104. The association offers networking opportunities and ADA continuing education credits at monthly meetings. Meetings are usually held the third Wednesday of every other month, September through May.

Eating Disorders

West Cascade Behavioral Health: (425) 258-4649, Providence Medical Center, 12800 Bothell-Everett Hwy, Suite 290, Everett, WA 98208. Offers mental health evaluation and treatment, consultation, and education services for patients with eating disorders. Therapists include psychologists, a psychiatrist, and a registered dietitian.

Eating Disorders Northwest: (206) 587-2377, Seattle. Recorded information line with information on Puget Sound area support groups. *NOTE:* There are currently no support groups operating in Snohomish County, but there is interest and may be one starting within the next year.

Food Banks

A variety of nutritional foods are distributed through the food bags. Infant needs as well as special diet restrictions are addressed in addition to regular food bags. No fee.

Arlington Food Bank: 127 W. Cox, Arlington, WA 98223. Tuesday 6-7 pm, Friday 1-2 pm

Darrington Food Bank: (360) 436-1833, 660 Emens, Darrington, P.O. Box 696, WA 98241. First 3 weeks of the month: Tuesday, Wednesday, Thursday 10 am-2 pm

Edmonds Food Bank: (425) 778-5833, United Methodist Church, 828 Caspers, Edmonds, WA 98020. Tuesday 9:30 am-12:00 noon. Emergency food is available Monday through Friday, 9:30 am - 3:00 pm at the upstairs office.

Edmonds/Westgate Chapel Food Bank: (425) 775-2776, 22901 Edmonds Way, Edmonds, WA 98020. Thursdays 11:00 am-2:00 pm. Emergency bags of food are available M-F, 8:30 am-5 pm in the Main Office of the church.

Granite Falls Food Bank: Contact Patty Rask, (360) 691-6441, 215 S. Granite; P.O. Box 1211, Granite Falls, WA 98258. 2nd and 4th Wednesday 9:30-11:00 am

Lake Stevens Food Bank: (425) 334-3430, Ebenezer Lutheran Church, P.O. Box 1031, 2111 - 117th Street, Lake Stevens, WA 98258. Thursday 1:30pm-6:00pm. *Serving only zip codes 98258 and 98205.*

Lynnwood Food Bank: (425) 745-1635, located behind the Silver Creek Church of the Nazarene, 5320 - 176th SW, Lynnwood, WA 98037. Wednesday 3-6 pm

Maltby Food Bank: (360) 668-4429, 21104 - 86th Avenue SE, #2; P.O. Box 1256, Snohomish, WA 98291. Thursday 2-5:30 pm. Commodities 3rd Thursday of each month.

Marysville Food Bank: (360) 658-1054, 4150 - 88th St. NE, Marysville; P.O. Box 917, Marysville, WA 98270. Tuesdays 9:00-12:00 noon; Mondays 9:00-11:00am for seniors 62 and over and disabled clients only; Tuesdays 3:00-6:00pm; Fridays 9:00-11:00am.

Mountlake Terrace Food Bank: (425) 778-7227, Presbyterian Church, 4700 - 228th Street SW, Mountlake Terrace, WA 98043. Tues 10-11:30 am Open for disabled 9:30-10 am

Mukilteo Food Bank: (425) 212-2653, Presbyterian Church, 4514 84th St SW, Mukilteo, WA 98275. 2nd and 4th Tuesdays 9-10:30 am *Serving Mukilteo school district only.*

Salvation Army Food Bank: (425) 259-8129, 2525 Rucker, Everett, WA 98201. Monday-Thursdays 9:00am-11:30am and Thursday evenings 4:00pm-6:00pm. *Serving Everett residents w/households w/out children less than 18 years of age.*

Sky Valley Food Bank of Monroe: (360) 794-7959, 233 Sky River Parkway; P.O. Box 724, Monroe, WA 98272. Monday 9-11:30 am and 6-7 pm Wednesday and Friday 9-11:30 am

Snohomish Food Bank: (360) 568-7993, 1330 Ferguson Park Road; P.O. Box 1364, Snohomish, WA 98290. Tuesday 3-7 pm; Friday 10 am-3 pm *Snohomish school district only.*

Stanwood/Camano Food Bank: (360) 929-2789, 8716 - 269th Place NW; P.O. Box 1285, Stanwood, WA 98292. Wednesday and Friday 10 am-12 noon and 1-3:30 pm

Stillaguamish Seniors Food Bank: (360) 653-4551, 18308 Smokey Point Blvd, Arlington, WA 98223. Wednesday 8-10 am

Sultan Food Bank: (360) 793-8609, 703 - 1st Street; P.O. Box 1181, Sultan, WA 98294. Tuesday 5-7 pm and Friday 10 am-12 noon. *Upper Valley area also.*

Volunteers of America Western Washington, Everett Food Bank Distribution Center: (425) 259-3192, (425) 252-9052. 1230 Broadway, Everett; P.O. Box 839, Everett, WA 98206. Families, developmentally disabled, physically impaired, older adults in zip codes 98201, 98203, 98204, 98208. Monday, Tuesday, Wednesday and Friday, 9 am-3 pm Thursdays 1-5 pm and *extended to 6 pm for employed.*

Food Safety

FDA Food Safety & Nutrition: 1-800-332-4010

USDA Meat and Poultry Hotline: 1-800-535-4555

Food Stamps

Citrine Health: 2817 Rockefeller Ave. Everett, WA 98201, 425-259-9989/1-888-651-8931. Citrine Health is a non-profit agency that helps families apply for food assistance and state health insurance programs over the phone.

Department of Social and Health Services: Assistance with food costs for income eligible persons. Contact the following offices for an application...Phone number for all offices is 1-877-501-2233.

Alderwood: 20311 52nd Avenue West, Suite 100, Lynnwood, WA 98036.
Mailing address: PO Box 6054, Arlington, WA 98223

Everett: 840 N. Broadway, Bldg. A, #200, Everett, WA 98201
Mailing address: PO Box 6056, Arlington, WA 98223

Smokey Point: 3704 172nd Street NE, Suite P
Mailing address: PO Box 6054, Arlington, WA 98223

Sky Valley: 19705 SR 2, Monroe, WA
Mailing address: PO Box 6054, Arlington, WA 98223

General Nutrition Information

American Heart Association/American Stroke Association: 1-800-562-6718, 710 2nd Ave Ste. 900, Seattle, WA 98104

American Cancer Society (ACS): 1-800-227-2345, (206) 283-1152, 2120 - 1st Avenue North, Seattle, WA 98109. Information and referral to ACS programs and community resources, transportation, rehabilitation and education programs and materials, free liquid nutrition supplements for qualified individuals.

American Institute for Cancer Research: 1-800-843-8114, 1759 "R" Street NW, Washington, DC 20009. Fosters research on diet, nutrition and cancer, and educates the public about the results. Call to request free educational materials, information on specific cancers, and personalized answers to nutrition questions.

Community Health Center (CHC) of Snohomish County – CHC offers a series of three nutrition classes in Spanish and English at the following locations. Classes focus on the principles of a well balanced diet, which allows for control of blood sugar, blood pressure and cholesterol.

CHC Broadway Medical: (425) 789-2000

CHC 112th Street Medical: (425) 551-6200

CHC Lynnwood Medical: (425) 835-5200

FDS Seafood Hotline: 1-800-FDA-4010, 24 hours per day

National Center for Nutrition and Dietetics (NCND), American Dietetic Association, Information Line: NCND's Consumer Nutrition Information Line, 1-800- 366-1655. Offers the public direct access to objective, credible food and nutrition information from the experts -- registered dietitians. ADA's Consumer Nutrition Information Line provides recorded messages with timely, practical nutrition information as well as referrals to registered dietitians. Messages are available 24 hours daily. Messages and accompanying Nutrition Fact Sheets (in English and Spanish) change monthly and offer practical, creative ways to balance food choices for a healthful eating style. Funding for this toll-free service is provided by educational grants to the American Dietetic Association Foundation.

WA Dry Pea and Lentil Commission: (208) 882-3023, 2780 West Pullman Road, Moscow, ID 83843-4024, Fax (208) 882-6406

Seattle Times Food Department: (206) 464-2300, P.O. Box 70, Seattle, WA 98111, Seattle Times Home Economists

Washington Apple Commission: (509) 663-9600, Fax (509) 662-5824, P.O. Box 18, Wenatchee, WA 98807-0018

Washington Fryer Commission: 1-800-743-2449 or (425) 226-6125, 2003 Maple Valley Hwy, Suite 212, Renton, WA 98057. Provides chicken-based recipes, nutrition and food safety information.

Washington State Beef Commission: (206) 444-2902, 14240 Interurban Avenue South, Suite 224, Seattle, WA 98168, Fax (206) 444-2910. Provides complimentary beef recipes, nutrition education and food safety materials. Email: wbsc@wabeef.org.

Washington State Dairy Council: (425) 744-1616, 4201 198th Street SW, Lynnwood, WA 98036-6751, Fax (425) 670-1222 or 1-800-470-1222. Nutrition education materials. Up to \$20 worth of free materials are available for educators and health professionals involved in nutrition education.

Washington Grain Alliance: (509) 456-2481, West 907 Riverside, Spokane, WA 99201-1006, Fax (509) 456-2812. Email: wga@wagrains.com.

Washington State University Extension: (425) 338-2400 for general information; (425) 357-6021 for Food Sense program information. 600 - 128th Street SE, Everett, WA 98208

EFNEP - Extension Family and Nutrition Education Program: Nutrition education and parenting information available to limited income families who have children 18 years old or under. Free.

Trained Volunteers: Volunteers and staff are available for health fairs and lectures. For information on other nutrition related agricultural commissions, contact WSU Extension at (425) 338-2400.

HIV/AIDS Services

Catholic Community Services: (425) 257-2111, 1918 Everett Avenue, Everett, WA 98201. *Helpers of People With Aids (HOPWA)*. Identify clients' needs for full range of health care, counseling, and social services, then serve as advocates and brokers. Services include home delivered meals and support groups for patients and their families/friends.

Community Health Center (CHC) of Snohomish County – CHC provides patients with HIV testing, including pre and post-test counseling, at the following locations. HIV patient care is also provided.

CHC Broadway Medical: (425) 789-2000
CHC 112th Street Medical: (425) 551-6200
CHC Lynnwood Medical: (425) 835-5200

Rise 'n Shine: (206) 628-8949, 417 23rd Ave S., Seattle, WA 98144. Serves Snohomish county. Offers emotional support and advocacy for children and teens affected by HIV/AIDS through peer support groups, one-on-one mentoring and special activities.

Snohomish Health District: (425) 339-5298, 3020 Rucker, Suite 106, Everett, WA 98201.

- **HIV Testing:** anonymous or confidential.
- **HIV/AIDS Prevention: Positive Options** for HIV positive and negative persons at risk who are concerned about sexual health

Hospitals and Clinics

Cascade Valley Hospital: (360) 435-2133 (ext. 4532 for the RD), 330 S. Stillaguamish Avenue, Arlington, WA 98223

Citrine Health: 2817 Rockefeller Ave. Everett, WA 98201, 425-259-9989/1-888-651-8931. Citrine Health is a non-profit agency that provides free mammograms, yearly health exams and colon health screenings for those who do not have health insurance.

Community Health Center (CHC) of Snohomish County – CHC provides affordable, quality medical and dental primary care for the uninsured and underinsured in our community. Reduced cost pharmacy services are also available for qualifying CHC patients. Locations include:

CHC Broadway Medical: (425) 789-2000
CHC Broadway Pharmacy: (425) 789-2050
CHC Colby Dental: (425) 551-1000
CHC 112th Street Medical: (425) 551-6200
CHC 112th Street Dental: (425) 551-6001
CHC 112th Street Pharmacy (425) 551-6521

CHC Lynnwood Medical: (425) 835-5200
CHC Lynnwood Dental: (425) 835-5204
CHC Lynnwood Pharmacy (425) 835-5202

Valley General Hospital: (360) 794-7497, 14701 - 179th Avenue SE; P.O. Box 646, Monroe, WA 98275

The Everett Clinic: (425) 339-5431, 3901 Hoyt Avenue, Everett, WA 98201. American Diabetes Association (ADA) Recognized Diabetes Program with Certified Diabetes Educators. Offers twice monthly introduction to Diabetes class. The Living With Diabetes three week series of classes is offered every month with both day and evening classes available. Some of the classes are offered at Marysville satellite. Individual appointments for diabetes also available.

Providence Everett Medical Center: Colby Campus General Information (425) 261-2000; Pacific Campus General Information (425) 258-7123

Providence Diabetes Education: (425) 258-7953, 916 Pacific Ave, Everett, WA 98201

Providence Nutrition Center: (425) 258-7459, 916 Pacific Ave, Everett, WA 98201. Offers individual nutrition counseling for many medical conditions. Contact your insurance plan for coverage information.

Providence Children's Center: (425) 258-7311, 916 Pacific Avenue, Everett; P.O. Box 1067, Everett, WA 98206-1067. Neurodevelopmental center serving children from birth to age 3 years. Individualized nutrition counseling available for infants and children of all ages.

Providence Home Health and Hospice: (425) 261-4800, 2731 Wetmore, Suite 500, Everett, WA 98201. Nutrition information and consultation.

Providence Midwifery Care: (425) 303-6500, 916 Pacific, 7th Floor, Everett, WA 98201. Nutrition information and consultation.

Sea Mar CHC: (360) 653-1742 ext. 226 (Dietician), ext. 225 (Health Educator), 9710 State Avenue, Marysville, WA 98270. Nutrition information and consultation; maternity support services.

Stevens Hospital: (425) 640-4000, 21601 - 76th Avenue West, Edmonds, WA 98026. Nutritional Clinic, (425) 640-4395: Individual counseling with a Registered Dietician. Fee is often reimbursable by insurance with a physician referral.

Nutrition Clinic: (425) 640-4322. Individual counseling with a Registered Dietitian. \$75 per hour, often reimbursable by insurance.

Diabetes Clinic: (425) 640-4395. Individual counseling with a CDE, RN and RD, and classes. Fee is reimbursable by most insurance.

Community Education Health Source Calendar: (425) 640-4066. Weight reduction, nutrition for cancer, hypertension, hyperlipidemia. Some classes are free, others are low fee.

Older Adults

Senior Services of Snohomish County: (425) 347-1229; 1-800-824-2183; TTY (425) 347-7997.
8225 - 44th Avenue West, Suite O, Mukilteo, WA 98275

- **Meals on Wheels:** Home delivered meals for homebound adults who are age 60 or older and lack support from family or friends. Meals are frozen and delivered weekly or biweekly in all areas of the county. Suggested donation is \$2.50 per meal. Quest cards are accepted.

- **Congregate Meals:** Hot nutritious meals served at 12 sites in Snohomish County for older adults aged 60+. Suggested donation is \$2.50 per meal. Quest cards are accepted.
- **Nutrition Education, Assessment, Counseling:** Individual and group education, assessment, and counseling are available from a Registered Dietitian. Donations are accepted.

Washington State University Extension: (425) 338-2400 for general information, (425) 357-6014 for nutrition resource line. 600 - 128th Street SE, Everett, WA 98208.

Prenatal, Infant, and Child Nutrition

Center on Human Development and Disability, University of Washington: Reception: (206) 598-5317. Referral and Intake: (206) 598-9346. Fax: (206) 598-7815. PO Box 357920, Seattle, WA 98195-7920. Nutrition services for children with special needs as part of an interdisciplinary team evaluation.

Children's Hospital and Medical Center, Clinical Nutrition Department: (206) 987-4758, Email Eileen.deguzman@seattlechildrens.org 4800 Sand Point Way NE, Seattle, WA 98105. Specialized medical nutrition therapy provided by Registered Dietitians for children from infancy through adolescence.

ECEAP (Early Childhood Education and Assistance Program) of Snohomish County: (425) 388-7268, 3000 Rockefeller Ave, M/S 305, Everett, WA 98201. ECEAP is a state funded preschool program that prepares children with the skills and concepts needed to be successful in kindergarten and beyond. The program offers support to families and children, and offers opportunities to learn about nutrition through healthy meals and other activities. To be eligible, children must be four years old by August 31 and the family must meet eligibility guidelines. ECEAP preschools are countywide; call for locations and more information.

Edmonds Community College/Snohomish County Head Start: (425) 513-5828, 9930 Evergreen Way, Suite X110, Everett, WA 98204. Head Start is a federally funded, low-income preschool. Head Start provides children with activities that help them grow mentally, emotionally, and physically. Children ages three to five get a Head Start eating healthy meals and snacks, playing indoors and out in a safe place, receiving needed medical and dental care, and learning how to get along with other children.

EFNEP -- Extension Family and Nutrition Education Program, Washington State University Extension: (425) 338-2400, 600 - 128th Street SE, Everett, WA 98208. Nutrition education and parenting information available to limited income families who have children 18 years old or under. Free.

Great Beginnings, Washington State University Extension: (425) 338-2400, 600 - 128th Street SE, Everett, WA 98208. This free, six week series for parenting teenagers covers basic food safety, eating well for pregnancy and lactation, gaining enough weight, feeding babies and young children, and stretching the food dollar.

New Parent Support Team -- NAVSTA Navy Station Everett: (425) 304-3367. Services provided: home visits, consultations, resources and referrals for pregnant women and parents of infants. Some services available to families with children under age five. Families must be military.

Option Care: (425) 348-3600, Toll Free 1-800-737-0613, FAX (425) 265-1979. 8120 Evergreen Way, Everett, WA 98203. Home health agency. Services include nutrition consultation.

Pregnancy Aid of Snohomish County WIC Program: WIC offers nutrition education, breastfeeding support, and up to \$50. Worth of healthy foods monthly for pregnant and breastfeeding women, infants, and children under five years old.

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| • Arlington | 205 E. 4 th St., Arlington, WA 98223 | 360-435-3735 |
| • Everett/Silver Lake | 1819 100 th Pl SE #B, Everett, WA 98208 | 425-316-8929 |
| • Granite Falls | 401 Wabash Ave., Granite Falls, WA 98252 | 425-316-8929 |
| • Marysville | 1410 7 th St. #A, Marysville, WA 98270 | 360-657-4102 |

- **Monroe** 601 Columbia St., Monroe, WA 98272 425-316-8929
- **Snohomish** 1212 10th St. #B, Snohomish, WA 98290 425-316-8929

Sea Mar CHC: (360) 653-1742 ext. 226 (Dietician), ext. 225 (Health Educator), 9710 State Avenue, Marysville, WA 98270. Nutrition information and consultation; maternity support services.

SHD WIC Program: Helps pregnant women, new mothers, and young children eat well, learn about nutrition and stay healthy. WIC offers nutrition education, breastfeeding support, and gives kids and families up to \$50.00 worth of healthy foods monthly.

Everett: (425) 252-5303, 3020 Rucker Ave. Suite 100, Everett, WA 98201

Lynnwood: (425) 258-8400, 6101 200th St. SW, Suite 100, Lynnwood, WA 98086

SHD First Steps: Helps low-income pregnant women get services needed to be a healthy mother with a healthy baby. Snohomish Health District offers clinic-based public health nurses, nutritionist, and behavioral health specialists.

Everett: (425) 252-5303, 3020 Rucker Ave. Suite 100, Everett, WA 98201

Lynnwood: (425) 258-8400, 6101 200th St. SW, Suite 100, Lynnwood, WA 98086

Lead Nutritionist/Breastfeeding Information Line: Everett (425) 252-5374; Lynnwood: (425) 252-5359

Stanwood WIC Office: 9901 272nd Pl NW, Stanwood, WA. (360) 629-2126 ext 205. Mondays 8:30 am-6:00 pm *Located in Josephine Sunset Home*

Providence Midwifery Care: (425) 303-6500, 916 Pacific, 7th Floor, Everett, WA 98201. Nutrition information and consultation.

Providence Children's Center: (425) 258-7311, 916 Pacific Avenue, Everett; P.O. Box 1067, Everett, WA 98206-1067. Neuro-developmental center serving children from birth to age 3 years. Individualized nutrition counseling available for infants and children of all ages.

Tulalip Health Clinic: (360) 651-4511, 7520 Totem Beach Road, Marysville, WA 98271. **WIC/First Steps Program:** Attn. Della McCluskey or Sara Pattison. Provides diet assessment; health, nutrition, and breast feeding information; supplemental food checks.

National School Lunch and Summer Meals Program

School Meals: Wholesome foods and child-tested recipes are used daily to produce nutritious, tasty breakfasts and lunches in Snohomish County schools. Meals are served free of charge, at a reduced price, or at full price depending on family income.

Summer Meals: Free lunches are available to children in Snohomish County during the summer months at a limited number of sites.

Contact your local school district's Food and Nutrition Department to find out about programs in your area:

Arlington (360) 435-2156

Darrington (360) 436-1323

Edmonds (425) 431-7073

Everett (425) 385-4250

Granite Falls (360) 691-7717

Index (360) 793-1330

Lk Stevens (425) 335-1500

Lakewood (360) 652-7519

Marysville (360) 653-7058

Monroe (360) 794-7777

Mukilteo (425) 356-1212

Snohomish (360) 563-7300

Stanwood (360) 629-9575

Sultan (360) 793-9801 x135

YMCA Strong Kids Program: Kids age 8-12. Phone: (360) 653-9622

Other

Accurate Translation Service: phone/fax (425) 821-5733, Kirkland. Toll free 1-877-426-4290. Multi-lingual support service for all languages and fields

Producciones Pino Spanish Translation Services: Phone (425) 774-7772; Fax (425) 775-1980.
915 200th Pl SW, Lynnwood, WA 98036. Translation and interpretation services.

Refugee and Immigrant Forum of Snohomish County: Phone: (425) 388-9595. Mail c/o Everett
Community College, 2000 Tower, WA 98201. Interpretation and translation services.

Russian-English Certified Translator: Phone (425) 774-0489. Fax (425) 775-1063.
20310 - 53rd Avenue West, Lynnwood, WA 98036.