



Please join Moms as we welcome local physical therapist, Alissa Gram.

**When: Tuesday, November 15th, 2016
9:30 to 11:00 AM**

**Where: Snoqualmie Valley Alliance
36017 SE Fish Hatchery Road, Fall City**

Improving Awareness and Control of Your Pelvic Floor Muscles



Keynote Speaker

Alissa Gram

Physical Therapist

Peak Sports and Spine Physical Therapy

Alissa has a BS in Exercise Physiology, and a Masters in Physical Therapy from the University of Wisconsin-Madison, and brings 12 years of experience in treating women's health physical therapy at Peak Sports and Spine Physical Therapy on Snoqualmie Ridge. She specializes in helping women with urinary incontinence, increased urinary frequency/urge, that "falling out feeling" down there, constipation, postpartum abdominal separation, and chronic pelvic, hip and low back pain. She is a compassionate listener and expert clinician, teaching women how to get familiar with a taboo area, regain control of their pelvic floors, and return to life with confidence! As a mother of 3 busy children, she recognizes the challenges mothers face daily and incorporates that experience when creating treatment plans that make sense and are manageable.



Introduction to the Northwest Railway Museum

Community Speaker

Jessie Cunningham, Deputy Director

Find out about this unique Snoqualmie Valley destination!

Local businesses represented at the November Moms meeting include:

VIA ONEHOPE

Erin Chamberlain

Director and Founding Leader

ONEHOPE is an innovative wine company that believes giving back is good business. Produced in the Napa Valley under consulting winemaker Robert Mondavi, Jr., ONEHOPE gives back 50% of their profits to partner charities. In addition, people can host private wine tasting events to benefit a local non-profit of their choice. At a private wine tasting, guests are able to mix and match wines from the ONEHOPE collection to build a Case for a Cause, with 15% donated back to the host's cause of choice. It's a great way to mix, mingle and make an impact all at the same time and is a perfect way to fundraise for your favorite charity, get a group of friends or co-workers together or even support your PTA! To learn more, visit viaonehope.com/erin or call Erin at 425-829-3165 to schedule your party.

Snoqualmie Optimal Health Chiropractic

Helping people achieve their OPTIMAL HEALTH!

Dr. Tiffany Green

Specializing in Family & Pediatric Chiropractic

Snoqualmie Ridge's newest Chiropractic Clinic opened in October of 2012. We are proud to provide a state-of-the-art facility for the highest quality chiropractic care available. It is one of our top priorities to protect the well-being of our valued patients. We are confident that you will feel right at home in our office as we welcome all patients as if they were family.

Dr. Green graduated in 2002 from Western Washington University with a degree in Sports and Exercise Science. She then went on to graduate in 2006 with honors from Life Chiropractic College West in Hayward California.

Dr. Green has attained certifications through the Academy for Chiropractic Family Practice and International Chiropractic Pediatric Association in Pediatrics (CACCP) and in the Webster technique; a technique specific to the needs of the pregnant patient. Dr. Green is currently working on an additional certification in the Care and Management of Neurodevelopmental Disorders in Children (CMNDC).

Moms is an authentic group that includes all mothers and engages its members with respect. It is a place to connect with peers, be informed and inspired. Moms provides resources that 1) supports her as the primary caretaker of her children and 2) helps her to cultivate a home environment grounded in love and respect. Moms meetings are led by professional speakers and community leaders. The topics discussed during Moms monthly meetings facilitate each woman's desire to improve in her role and provide insight to newsworthy events in the community. Moms meets monthly on the 3rd Tuesday of each month September - May at 9:30 A.M. If that date conflicts with a Snoqualmie Valley School holiday, meetings are bumped to the 2nd Tuesday of the month. Our meeting space is made available by Snoqualmie Valley Alliance.

Registration is not required to attend Moms meetings. However, pre-registration is required for on-site childcare, available for \$5/child (please register early, as space is limited): <http://goencompassnw.org/>

For more information about Moms visit us at <https://www.facebook.com/MomsSnoqualmieValley> or at Encompassnw.org.