

## Chiropractors

### **Atlas Family Chiropractic**

Dr Darryl Roundy  
2310 Mildred St W Suite 130  
Tacoma, WA 98466  
(253) 460-4244  
<https://atlaschiro.com/team/dr-darryl-roundy/>

### **Mitchell Family Chiropractic**

Dr. Jessica Mitchell  
6002 Westgate Blvd Suite 110  
Tacoma, WA 98406  
(253) 722-6150  
<https://www.mitchellfamilychiropractic.com/>

### **The Health Connection**

Dr Heather Spalding  
601 S. Pine Street Suite 201  
Tacoma, WA 98405  
(253) 396-1000  
<https://thehealthconnection-tacoma.com/>

### **Renaissance Chiropractic Center**

Dr. Michael Long  
4902 Tacoma Mall Blvd.,  
Tacoma, WA, 98409, US  
(253) 473-0300  
<http://chirotacoma.com/>

### **Fife Chiropractic**

Chrissy Blair  
2026 54th Ave E  
Fife, WA 98424, US  
<https://fifechiropractic.com>

### **Generation Chiropractic**

Joella Folk  
1805 SE Salmonberry Rd,  
Port Orchard, WA 98366  
<https://chiromidwife.com/>  
(360) 895-0129

## Cranial Sacral

### **Apricus**

Dr Stephanie Smith, DC  
2737 SW 315th ST  
Federal Way, WA 98023  
(253) 569-6931  
<https://seattlepediatricchiropractic.com/>

## Pelvic Floor Physical Therapy

### **Olympic Sport and Spine**

Stephanie Nguyen, PT, DPT  
10550 Harbor Hill Dr.  
Gig Harbor, Washington 98332  
(253) 649-5182  
<https://www.osstherapy.com/>

### **Madrona Physical Therapy**

Angie Maxwell, PT, DPT  
4701 S 19th St Ste 100  
Tacoma, WA 98405  
(253) 212-3620  
<https://www.madronapt.com/>

### **McCormick Physical Therapy**

Dr. Rebecca McCormick, PT, DPT  
5929 Westgate Blvd., Suite C  
Tacoma, WA 98406  
(253) 400-2002  
<https://www.mccormickphysicaltherapy.com/>

Circumcision**Newborn MD**

Dr Aaron Witz, MD  
 2835 82nd Avenue SE, Suite 200  
 Mercer Island, WA 98040  
 (206) 232-0963  
<https://www.newbornmd.com/>

**Seattle Bris**

Rabbi Avrohom Harris  
 (856) 291-1873  
<https://seattlebris.com>

PediatriciansKitsap**Silverdale Pediatrics**

Dr. Niran Al-Agba, MD  
 9910 Levin Rd NW STE 200  
 Silverdale, WA 98383  
 (360) 692-8588  
<https://www.silverdalepediatrics.com/>

**Malone Pediatrics**

Francis R. Malone, ARNP PhD  
 23139 Big Valley Road NE  
 Poulsbo, WA 98370  
 (206) 931-2502  
<http://www.malonepediatrics.org>

Gig Harbor**Pediatrics Northwest**

Dr. Lily Kregenow, MD, FAAP  
 4700 Pt. Fosdick Dr # 211  
 Gig Harbor, WA 98335  
 (253) 851-5665  
<https://www.pedsnw.net/>

**Gig Harbor Naturopathic Medicine**

Dr Leslie Charles  
 6659 Kimball Drive Suite C306  
 Gig Harbor, WA 98335  
 (253) 851-7550  
<https://gigharbornaturopathic.com>

Pierce**Fir Creek Pediatrics**

Michelle Hayes ARNP  
 9101 Bridgeport Way SW  
 Lakewood, WA 98499  
 (253) 565-7686  
<https://www.multicare.org/provider/michelle-m-h-ayes/>

**Woodcreek Pediatrics**

Dr. Mark Grubb MD  
 1706 S Meridian Suite 120  
 Puyallup, WA 98371  
 (253) 848-8797  
<https://www.marybridge.org/providers/mark-grubb/>

Acupuncture**Tacoma East Asian Medicine**

Amanda Anuraga, EAMP  
 Emma Mezher, EAMP  
 3007 6th Ave.  
 Tacoma, WA 98406  
 (253) 254-6498  
<https://www.tacomaeastasianmed.com/>

**Vitality Chiropractic Center**

Cassie McColl  
 410 Bellevue Way SE #202  
 Bellevue, WA 98004  
 (425) 378-1800  
<https://vitalitychiropracticcenter.com/bellevue-acupuncture/>

## Childbirth Education

### **The Birthing Inn**

6002 Westgate Blvd Ste 120

Tacoma, WA 98406

(253) 761-8939

<https://thebirthinginn.com/parent-education>

### **Esther Darms**

Tacoma, WA

(425) 922-2928

hello@estherdarms.com

<https://www.estherdarms.com/classes>

### **The Birth Collective**

Sara Osbourne

Tacoma, WA

(206) 719-6965

<https://www.thebirthcollectivepnw.com/childbirthclass>

### **Whole Body Pregnancy**

Erika Davis

<https://www.wholebodypregnancy.com/childbirtheducation>

### **CareNet of Puget Sound Tacoma**

1924 S Cedar St, Suite B

Tacoma, WA 98405

(253) 383-2988

<https://carenetsps.org/parenting-support>