

GET OUTDOORS

Dr. Irina Fedulow Plante is a licensed physical therapist with board certification in neurologic physical therapy. She is the owner of Mountain Neuro Wellness and Physical Therapy Inc in Truckee, California where she integrates nature into her therapeutic interventions for individuals with neurologic presentations. Irina is also the founder of Neuro Mama Tribe, a physical therapy and wellness platform supporting and educating women with Multiple Sclerosis (MS) to optimize their quality of life while navigating hormonal changes and preparing for pregnancy and the postpartum stages.

Monday, November 24, 2025

10:00 - 11:00am PST

Registration is required and a ZOOM link will be emailed to registrants. This will not be recorded.

Space is limited.

Please register by November 17th.



To register, contact: 916.453.7966 or
Nathan.Opiana@commonspirit.org

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