A generous donor has partnered with the Pleasanton Chamber of Commerce to provide a monthly contribution to a small business. The anonymous donation has been named The 214 Gift, and each month, a different Chamber member will be presented with a $200 check. The plan is to continue this monthly through 2020. The 214 Gift for July was presented to Spectrum Community Services and Executive Director Lara Calvert. Spectrum Community Services is a registered, private non-profit organization that assists low-income individuals, families, and seniors in their efforts to live independently. They offer—in partnership with local service organizations—a wide variety of community programs and services.

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**Business Spotlight**

**Therapy with a purpose**

TheraCure is a premier physical therapy clinic in Pleasanton, with a focus on pelvic health, orthopedics and ergonomics. Owner Shalaka Gandbhir is a licensed, patient-focused physical therapist with 12+ years of leadership experience in clinical management.

“At TheraCure, we approach physical therapy with an emphasis on understanding the root cause of your ailment, creating a personalized and focused plan of care, and maximizing your body’s ability to heal naturally,” said Gandbhir. She has experience in New York, Illinois and California, providing care in pelvic health, orthopedics, sports medicine, home health, and geriatrics.

Gandbhir also notes that TheraCure can help with urinary incontinence, pregnancy and postpartum, lower back pain, sciatica, neck pain, arthritis, plantar fasciitis, and TMJ pain.

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**Need help navigating through Medicare?**

“I have been practicing physical therapy since 2005,” she said. “Healthcare has always been my passion. I always wanted to start my own practice to be able to give one-on-one time to the patients.” Gandbhir said.

She decided to specialize in pelvic physical therapy when she needed it after giving birth to her son, referencing that incontinence and pelvic pain are quite common, yet rarely talked about.

During COVID-19, TheraCure is offering services virtually apart from in-person visits. “We combine a hands-on approach with continuing knowledge of medical and therapeutic advancements,” said Gandbhir.

To learn more about TheraCure Physical Therapy, visit them online at www.theracurept.com, or on Facebook. It is located at 4133 Mohr Avenue, Suite F in Pleasanton.

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**Ribbon Cuttings**

**Supporting a healthier community**

Turning Point Chiropractic — At Turning Point Chiropractic, the mission is to help our community live with vitality through specific Chiropractic Care. They are here to educate, empower, and remind you that each of us is born with the ability to heal from within. The main focus is to restore the body’s healing capability so that we can put all of ourselves towards our own missions and passions. Dr. Arnold Koo specializes in neurologically-based chiropractic care for the whole family. He focuses on finding the root cause of your health concerns so that you can see and feel the results. Learn more at www.turningpointchiro.com or visit them at 6654 Koll Center Parkway, Suite 100 in Pleasanton.

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**Turning Point Chiropractic at The Club** — The DoubleTree Hotel in Pleasanton has re-opened with new sanitization measures. They have expanded social distancing to changes to amenities and services, the DoubleTree is committed to protecting your wellbeing. Visit the DoubleTree at 7050 Johnson Drive in Pleasanton.