



**Mothers & More™**  
THE NETWORK FOR SEQUENCING WOMEN

Dr. Jason Gilmore  
Back to Action Chiropractic  
6603 220th St SW # 100  
Mountlake Terrace, WA 98043

September 12, 2003

Dear Dr. Gilmore:

A few days ago you generously donated your time to speak to our mother's support group, Mothers & More, during one of our monthly meetings. The very interested group of members who chose to attend was an indication of how much we valued your presence. Your knowledge of chiropractic and how it can improve our lives was such valuable information to all of us! You opened our eyes to the true benefits of what you do. We had a great time enjoying the lively discussion, and you thoroughly answered all our questions. We all had such a wonderful evening!

Your attendance helped our organization reach out to mothers in the community to offer them the support they need in the choices they have made regarding how to combine work and family. A mother is entitled to fully explore and develop her identity as she chooses: as a woman, a citizen, a parent or an employee. We feel our organization is an asset to our community, and you helped us demonstrate our effectiveness as a support group by helping us sustain an inviting social environment.

If you would like any additional information about Mothers & More, please feel free to call one of our chapter's co-leaders. Again, we would like to thank you for your involvement.

Sincerely,

Suzie Heid, Co-Leader  
South Snohomish County Chapter

National website: [www.mothersandmore.org](http://www.mothersandmore.org)  
Local website: [www.qponcentral.com/mothersandmore147](http://www.qponcentral.com/mothersandmore147)