

Danielle Finden, DC

Speaker Bio

Dr. Danielle Trego Finden is a perinatal and pediatric chiropractor in the Twin Cities, where she has been named a top chiropractor by MN Monthly Magazine 2014-2020. She is Webster certified, an ICPA member, Spinning Babies Certified, & a BIRTHFIT Professional. She has additional training in DNS, perinatal mental health, breech balancing with Adrienne Caldwell, cranial sacral therapy with Lori Hendrickson and Deb McLaughlin.

Dr. Finden graduated from Northwestern Health Sciences University in 2008 and opened her practice, Active Health Chiropractic. She serves as adjunct faculty to the college of chiropractic at Northwestern Health Sciences University and is a community based internship supervisor. She has two associates and two satellite clinics, one at a prenatal yoga studio and the other at a birth center.

In addition to Active Health Chiropractic, Dr. Finden has flipped another practice and sold it for profit in under a year.

She wrote *A Guide to Alternative Chiropractic Technique: How to Keep Your Healing Practice from Hurting You*, a chiropractic technique manual specifically addressing the unique biomechanical needs of the female practitioner.

She also developed an online associate training program called Associate Academy, providing personal and professional development topics accompanied by written exercises.

Well Adjusted Mamas is the newest addition to her live presentations and also offers online learning modules.

Dr. Finden is the mother of two little boys, an Ironman triathlete, and a relentless consumer of information in the pregnancy realm.