

FOR IMMEDIATE RELEASE:

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Celebrating Women's Health, Mind Body and Spirit

Pathways to Wellness and South End Community Health Center celebrate women's health with a week of free wellness activities for women and girls

BOSTON – From May 12 to May 16, in celebration of National Women's Health Week, Pathways to Wellness and South End Community Health Center are offering a series of free wellness events designed to help women and girls get and stay healthy.

All activities are free and no appointments are necessary. And, all attendees will receive a coupon good for 10% off three subsequent acupuncture treatments at Pathways to Wellness.

Monday, May 12:

- 2:00-3:00pm "Ask the Pharmacist"—bring your questions and/or your medications to learn how to use your medicine to keep you well.
- 2:00-4:00pm FREE Chair Massage
- 2:00-4:00pm Information on Family Nutrition provided by WIC
- 2:00-4:00pm Women's Health Matters! –Information on adult medicine, routine screenings and ob/gyn

Wednesday, May 14:

- 4:00-6:00pm FREE Acupuncture Treatment Sessions
- 4:30-6:00pm Cooking (and eating!) Greens and Whole Foods cooking demonstration
- 4:45-5:15pm FREE Tai Chi class
- 4:00-7:00pm Women's Health Matters! and Family Nutrition from WIC
- 6:00-7:00pm FREE Yoga Class

Friday, May 16:

- 11:00-1:00pm: Information from Women's Universal Health Care Coverage; Women's Health Matters!; and Family Nutrition from WIC

- more -

Plus, throughout the week Pathways' and South End Community Health Center's staff will be on hand to answer questions, provide additional information, and to describe the health services available at both clinics.

All events will be held at Pathways to Wellness, South End Community Health Center, 1601 Washington Street, Boston, MA 02118. Call Pathways at 617-859-3036 for more information.

About Pathways to Wellness

Pathways to Wellness, a nonprofit public health organization, provides holistic therapies including acupuncture, shiatsu, and Chinese herbal medicine. Open to all people needing care, Pathways practitioners work collaboratively in a team environment and in conjunction with Western medical professionals to offer an integrated approach to care. Pathways to Wellness is one of the largest public health holistic therapies clinics in the country providing 14,000 treatments to over 1,300 clients annually. Pathways is also the largest US provider of free acupuncture care to people living with HIV/AIDS. For more information on Pathways to Wellness and its services visit www.pathwaysboston.org or call 617-859-3036.

About South End Community Health Center

Since 1969, the South End Community Health Center has been serving families and individuals in the South End with high-quality, culturally and linguistically accessible health care. Originally founded as a pediatric clinic, SECHC has grown to become a full-service medical, dental, and mental-health facility with 13,000 patients, a \$6.7 million budget, and a 100% community board. Located at 1601 Washington Street, Boston, MA 02118, SECHC can be reached at 617-425-2000 or info@sehc.org. Additional information on the SECHC's services can be found on its web site at www.sehc.org

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