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CONTACT:  
Kristen Porter, 617-859-3036, ext. 23  
kporter@pathwaysboston.org

Bob Hornstein, 617-859-3036, ext. 28  
bhornstein@pathwaysboston.org

## **Groups of Friends and Family Members Discover the Healing Energy of Community-Style Acupuncture at Pathways to Wellness Acupuncture Treatments in a Community Setting are a Low-Cost Treatment Option at Pathways to Wellness**

BOSTON – What exactly is community-style acupuncture and how is it different from regular acupuncture? At Pathways to Wellness, community-style acupuncture means that clients receive treatment while relaxing in comfortable, recliner chairs in a group room where four to six other patients are also receiving treatment. The group setting is soothing and relaxing, and allows groups of friends or family members to receive treatment at the same time. Patients remain fully clothed and only acupuncture points below the elbows and knees and above the neck are used.

Another big difference is the cost. At Pathways, community-style treatments are just \$20 (versus \$75 for individual treatments). Acupuncturists recognize that for many conditions, frequent treatments produce the most rapid and dramatic changes. The low cost of community-style treatments means that patients can afford multiple treatments per week making the response to treatment faster and greater.

For those who have wanted to try acupuncture but found the cost to be prohibitive, community-style is an easy and low-cost treatment option. And, it's a great way for groups of friends to come together to do something good for their bodies while experiencing what is often referred to as "Group Healing Energy" or "Group Qi." (Qi, pronounced *chee*, is considered by the Chinese to be the life force of the universe--the basic component of everything that exists.)

In China acupuncture has been a community-based medicine for most of its 3000-year history. While widely used for pain relief, acupuncture is also effective at relieving stress, headaches, PMS, allergies, fatigue, depression, insomnia and many other conditions. It can also play an important role in one's overall health and well-being.

"We know that cost is often the primary reason that prevents more people from accessing our services, or it keeps people from coming in often enough to get better and stay better. Most health insurance providers don't cover acupuncture. Offering community-style acupuncture is a way to provide an affordable and accessible health care option. And, what better way to do something good for your body than by having acupuncture with a group of friends or family members!" says Kristen Porter, executive director of Pathways to Wellness.

### **About Pathways to Wellness**

For 19 years, Pathways to Wellness, a nonprofit public health organization, has provided equal access to high quality 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.

Located in Boston's South End at 1601 Washington Street, Pathways to Wellness can be reached at 617-859-3036 or [kporter@pathwaysboston.org](mailto:kporter@pathwaysboston.org). Additional information on Pathways to Wellness' services can be found on its web site at [www.pathwaysboston.org](http://www.pathwaysboston.org)

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