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Pathways to Wellness Raises \$78,000 at 20th Anniversary Celebration

BOSTON – On October 21, 2009 Pathways to Wellness marked its 20th anniversary with an event entitled: *Celebrating Pathways to Wellness, 20 Years of Revolutionizing Holistic Health Care*. Held at the South End Community Health Center in Boston, the event raised \$78,000 for Pathways programs.

Approximately 200 people came out to celebrate Pathways achievements, sample hors d'oeuvres, and bid on silent auction items. David Brown of WCVB-TV Channel 5 co-chaired the event and served as the evening's emcee.

Event honorees, Matt Fishman, vice president for community health at Partners HealthCare and Tristram Blake, retired executive director of South End Community Health Center received plaques in recognition of their ongoing support and commitment to Pathways to Wellness. "Pathways to Wellness makes a difference in hundreds of peoples' lives every month," said Fishman. "I am glad to have played a small role in supporting the terrific work Pathways does every day."

Kristen Porter, Pathways current executive director, was also acknowledged for her many years of service to Pathways and her commitment to affordable holistic health care. During the event's speaking program David Brown read a proclamation from the Mayor's office that officially declared Wednesday, October 21, 2009 "Kristen Porter Day".

Pathways began in 1989 as the AIDS Care Project, an all-volunteer organization of acupuncturists who banded together to provide free acupuncture treatments to people with HIV/AIDS.

In the year 2000 the agency expanded its services beyond HIV/AIDS and created Pathways To Wellness, a public health modeled, non-profit, holistic therapies clinic providing affordable acupuncture, shiatsu, and Chinese herbs to all people needing care. The expansion allowed the agency to generate revenue in light of dwindling public dollars and to share their decade of expertise as specialists in chronic illness with the broader population.

In 2006, Pathways began a new partnership with the South End Community Health Center, and moved its practice to 1601 Washington Street in Boston's South End. Pathways continues to provide free acupuncture to people with HIV/AIDS and beginning in 2008 to veterans.

Over the years Pathways has developed many innovative programs including fertility enhancement, integrative pediatrics, treating Cambodian refugees for post traumatic stress disorder, and a home care program for people with severe disabilities, among others.

Today Pathways has grown to become one of the largest public health holistic therapies clinics in the world. Each year Pathways provides 12,000 affordable acupuncture, Chinese herbal medicine, and shiatsu bodywork treatments to 3,000 patients from diverse demographic and socio-economic backgrounds throughout Massachusetts.