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Pathways to Wellness

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**Pathways to Wellness Joins Giants of Smoking Cessation Advocacy in
Program with BODY WORLDS 2**

BOSTON – Pathways to Wellness will be a featured speaker in the BODY WORLD 2 Health Talk lecture series. Throughout November *BODY WORLDS 2* launches their I Quit Program with an associated Health Talk lecture series, taking place at the Museum of Science in the BODY WORLDS 2 exhibition hall.

Along with organizations like the American Cancer Society, American Lung Association, American Heart Association and Harvard Pilgrim Health Care, Pathways to Wellness will support BODY WORLDS 2 in their efforts to educate visitors about the risks associated with smoking and focus on cessation programs during featured lectures.

Pathways to Wellness, a Boston-based, nonprofit holistic therapies center, provides acupuncture detox treatments to help people quit smoking. The treatments consist of gently inserting hair-thin, sterile, disposable needles at specific points in the ear, which helps to decrease physical cravings for tobacco and also lessen withdrawal symptoms associated with efforts to quit smoking.

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According to the Centers for Disease Control, in 2003, 45.4 million adults (21.6 percent) in the United States were current smokers and an estimated 70% of those smokers said they wanted to quit. Pathways to Wellness' Smoking Cessation Program offers a comprehensive holistic approach to nicotine detoxification and behavior modification and includes a combination of acupuncture treatments, Chinese herbal tea, and aromatherapy to control cravings and withdrawal symptoms.

A representative from Pathways to Wellness will be on hand at the BODY WORLDS 2 exhibit on Tuesday, November 21 from 5:30-6pm to talk and answer questions about acupuncture and smoking cessation. All Health Talks are included with BODY WORLDS 2 admission. For more information visit www.mos.org/bodyworlds.

About Pathways to Wellness

Celebrating 16 years, Pathways to Wellness is a nonprofit organization dedicated to providing equal access to high quality holistic therapies including acupuncture, shiatsu, and Chinese herbal medicine.

Open to all people needing care, Pathways to Wellness is one of the country's largest providers of free and low-cost holistic medicine. Pathways practitioners specialize in chronic and life threatening illness, and work collaboratively in a team environment and in conjunction with Western medical professionals to offer an integrated approach to care.

Located at 142 Berkeley Street, 2nd Floor, Boston, MA 02116, Pathways to Wellness can be reached at 617-859-3036 or kporter@pathwaysboston.org. Additional information on Pathways to Wellness' services can be found on its web site at www.pathwaysboston.org.

About Gunther von Hagens' BODY WORLDS 2: The Anatomical Exhibition of Real Human Bodies

Dr. Gunther von Hagens invented Plastination in 1977 at the University of Heidelberg to preserve human bodies for medical education. Plastination provides the flexibility and strength needed to display and preserve specimens in realistic forms, without the use of glass barriers and formaldehyde. Dr. von Hagens founded the Institute for Plastination in 1993, with the aim to offer plastinated specimens for educational use and for the *BODY WORLDS* exhibitions. All anatomical specimens on display in the *BODY WORLDS* exhibitions are authentic. The bodies were generously donated for plastination purposes through a declaration of will directly from the individuals involved who bequeathed their bodies to be used for educational purposes in this exhibition. For more information visit www.bodyworlds.com or www.mos.org/bodyworlds.