

# Pathways to Wellness

**Executive Director:** Kristen E. Porter, MAc, LAc

## **Description:**

Pathways to Wellness is a non-profit public health organization dedicated to providing high-quality holistic therapies including acupuncture, shiatsu, and Chinese herbal medicine to all those in need. Within a compassionate and empowering environment, Pathways provides complementary therapies for our clients as an adjunct to their Western medical care. Working in partnership with community health centers and organizations, Pathways aids in the development of a continuum of care for our clients in body, mind and spirit.

- Pathways to Wellness is Boston's only wellness center where clients can *Share the Care*. Clients who pay full price for a treatment enable someone less fortunate to receive a similar treatment for free or at lower cost.
- Pathways to Wellness is one of the largest public health holistic therapies clinics in the country providing 14,000 treatments to over 500 clients annually
- Pathways to Wellness is the largest US provider of free acupuncture care to people living with HIV/AIDS
- Pathways offers educational presentations worldwide for agencies, corporations, consumers, and conferences as well as continuing education courses, internships, and ongoing supervisory consultation for practitioners
- As recognized experts, Pathways staff has been invited to present and teach in Africa, Brazil, China, Cuba, Ireland and Spain, and throughout the US.

## **Services:**

Acupuncture  
Shiatsu  
Chinese Herbs  
Craniosacral  
Cupping  
Facial Rejuvenation  
Fertility Enhancement  
Smoking Cessation

## **Programs:**

- AIDS Care Project
- Education and Outreach
- Research and Evaluation

**Awards:**

- Voted Best Local Non-Profit in 2005 and Best Place to get a Massage in 2005 and 2006 in the Boston Phoenix Reader's Poll
- 2004 Massachusetts Council of Human Service Providers' Peer Provider Award
- 2004 Greater Boston Business Council (GBBC) Excellence Award

**Contact Information:**

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