

**FOR IMMEDIATE RELEASE:**

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**PATHWAYS TO WELLNESS LAUNCHES VETERANS COMMUNITY  
ACUPUNCTURE PROGRAM (VCAP)**

**Boston, MA – April 29, 2008:** Pathways to Wellness announced today the launch of a new pilot program, The Veterans Community Acupuncture Program (VCAP), taking place during the month of May for veterans and their family members. The new program is committed to providing access to quality care in a supportive environment.

Acknowledging the service of America's veterans, the program uses acupuncture to address stress related to military service and promote relaxation. The treatments are free of charge to veterans and their family members.

VCAP will begin with this pilot program prior to setting up permanent sites. The pilot will occur at four sites over the month of May. Following the model of Community-Style acupuncture, treatments will be provided to veterans and their families in a group setting, with clients sitting quietly in a circle in comfortable chairs.

The treatments are being offered at

- Pathways to Wellness, 1601 Washington Street, Boston MA, on May 9<sup>th</sup> and May 30<sup>th</sup> from 5:00 pm to 8:00 pm
- Veterans Clearing House, Boston, MA, on May 1<sup>st</sup> and May 6<sup>th</sup> from 6:00 pm to 8:00 pm
- American Legion Post, 370 Massachusetts Avenue, Arlington MA, on May 12<sup>th</sup> from 5:00 pm to 8:00 pm
- Jefferson Cutter House, Mystic and Massachusetts Avenue, Arlington MA, on May 19<sup>th</sup> from 5:00 pm to 8:00 pm

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Licensed Acupuncturists will insert very slender sterilized disposable needles into specific points along the outside of the ear. Insertion is typically painless, with most people experiencing only a slight pinch. These points help to reestablish proper functioning of various organs of the body and promote a sense of calm and relaxation. Once inserted, clients are able to sit comfortably for 30 to 40 minutes.

Practitioners at Pathways to Wellness have tremendous experience working with clients with histories of trauma and stress, including the veteran population. In 2005 Pathways was one of six projects in the United States to be awarded funding from the Department of Defense to conduct a study on the use of acupuncture and relaxation. Treatments helped to decrease cravings for alcohol and drugs, reduce stress and anxiety, and improve quality of life.

At the Veterans Benefits Clearinghouse's annual stand-down in Boston held in August 2007, Pathways and volunteer practitioners provided two days of free acupuncture treatments to over 70 individuals. Acupuncture was well-accepted by attendees and services were in demand for issues such as pain control and other symptoms related to stress.

For more information, veterans and family members can contact Pathways to Wellness at 617.859.3036. Treatment will be offered on a first come first serve basis.

**About Pathways to Wellness, Inc.**

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](http://www.pathwaysboston.org) or call 617-859-3036.