

**The GFWC Woman’s Club of Westminster, Inc.**

**Press Release**

**Contact Mary Lou Poirier**

**gloupoirier@gmail.com** **or 410-871-9102**

**Speaker addresses clubwomen on Chinese herbal medicine and acupuncture.**

The GFWC Woman’s Club of Westminster, Inc. held its monthly meeting on April 14th, 2015, at the Carroll Nonprofit Center located at 255 Clifton Blvd, Westminster, MD. The guest speaker,Greg Padrick, Chinese Herbalist and licensed acupuncturist from the Center for Healing Arts, 112 East Main Street, Westminster, MD, gave an informative and humorous talk about the benefits of herbal medicine and acupuncture. Padrick was introduced to the clubwomen by member Dottie Piper, who has been a patient of his, and said that she also considers him a friend. Padrick is a member of the **Maryland Acupuncture Society**. His medical training was from the **College of Integrated Chinese Medicine**in Reading, England.

**Padrick** spoke about the Chinese ideas for diet, exercise, and rest which contribute to living a healthy life style. A healthy life style should help the body’s ability to fend off illness. His website states that **Chinese Herbal Medicine** can be practiced along with **acupuncture**, as the methods use a “similar **holistic** approach to healing.”

Medicare does not cover acupuncture, and, therefore, most supplemental policies do not cover it; however as with other non-traditional forms of treatment, policies may change as these treatments and holistic practices become more accepted, and one should consult one’s insurance carrier for more information.

The GFWC Woman’s Club of Westminster, Inc. is a proud member of the General Federation of Women’s Clubs, a nonprofit organization that brings together local women’s clubs in a collective effort to strengthen communities and enhance the lives of others through volunteer service.

For more information about the GFWC Woman’s Club of Westminster, Inc., contact Mary Lou Poirier at gloupoirier@gmail.com. Visit our website at **www.gfwcmd.org/clubs/western/westminster\_womans.html.**

