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Albany Acupuncture Health and Wellness Newsletter

One Day Defined by Generosity



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INGTUESDAY

Albany Acupuncture website:
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Check out my Facebook page
[new business Facebook page:](#)

Today is National Giving Tuesday. Giving Tuesday is not only a movement, but has also been called a “theory of change.” Taking place on the Tuesday following Thanksgiving, was created to combat the ever-growing rush of holiday shopping that has begun to eat away at the original concept of the holiday season. In this newsletter, I want to highlight an organization who has been giving back to the community for over 25 years, and where I happen to volunteer. And we need your help.

Has your life been touched by cancer? If you or someone you know has received a cancer diagnosis, it can be a very frightening and difficult time.

[Charlotte Maxwell Clinic](#)

I have had the privilege of working at the Charlotte Maxwell Clinic for over 10 years. Charlotte Maxwell Clinic is a state licensed free clinic that provides holistic integrative treatments to low-income women with cancer. All of our therapies and programs are free, and all of our professional providers are volunteering their time and services.

If you have been to our clinic you know what a special and healing place it is. We provide treatments such as acupuncture, herbal medicine, massage, guided imagery, homeopathy, and we teach lymphedema management and prevention, nutritional counseling, and exercise classes. Plus we provide organic produce to the patients, and transportation to and from the clinic and social services.

I work one day a month seeing women for acupuncture and herbal formulas, and I spend one evening a month with western doctors and nurses reviewing our client’s medical records and determining their needs for treatments and programs at our clinic. We support women in their treatment choices and do work hard to prevent women from blaming themselves for their cancer.

In my time working at Charlotte Maxwell clinic, I have personally treated over 300 women. Not only do I see how much the therapies help our clients through an often exhausting and sometimes painful process, I experience tremendous gratitude and joy from the patients and their families. I am sure I receive as much healing, if not more, than I give. As one client said: *“Your kindness and generosity have made my cancer journey much easier. Many times, my contact with your clinic was all I’ve had to look forward to and I can’t tell you how much that has touched me.”*

[Help Support CMC](#)

We are supported by donations. And, at this time of year, as people are reviewing their charitable gifts, I would like you to consider making a donation to the Charlotte Maxwell Clinic. You can contribute by clicking on this link to the [Donate Now](#) button. I thank you in advance for your generosity. If you have a question about Charlotte Maxwell Clinic, please contact me. Thank you for your support.

In Health,

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