

HealingPoint Acupuncture and Healing Arts

BY L'OREAL THOMPSON



Bridget Hughes leads a qi gong class at HealingPoint, which offers services for cancer patients. **BY SARAH PASTRANA**

Living with cancer is not easy, but HealingPoint Acupuncture and Healing Arts in Columbia offers services to help ease the pain.

Bridget Hughes founded HealingPoint as a general acupuncture practice with her husband, Brandon, in 2001.

"We had no idea at the time that we would become so integrated into the oncology community in Howard County," she says.

After a local oncologist realized one of her patients had recovered from the severe side effects associated with radiation and chemotherapy after an acupuncture treatment at HealingPoint, word spread throughout the community. The owners have since opened a comprehensive healing arts center, which includes counseling and psychotherapy, therapeutic massage, yoga and tai chi classes, support groups and qi gong, an Asian meditation method.

HealingPoint moved into its current location at the Claudia Mayer Cancer Resource Center in 2009.

"Patients in treatment for or recovering from cancer may have unique physical, emotional, and spiritual needs," says Hughes. "A cancer diagnosis can obviously be a great source of stress and anxiety for the patient, and cancer treatment can be intense; patients are thrilled that there are effective options available to them, on-site, to ease these symptoms."

Although HealingPoint specializes in the needs of those with cancer, classes are open to all, including cancer survivors and caregivers.

HealingPoint Acupuncture and Healing Arts. Medical Pavilion at Howard County, 10710 Charter Drive, Suite G050, Columbia. 410-964-9100. healingpoint-acupuncture.com.