

Brenda Ward

AcuWellness



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Brenda Ward worked in medical sales in the pharmaceutical industry for several years before finding herself drawn to eastern medicine. Fascinated by the holistic approach, she qualified as an Acupuncturist with the Acupuncture Foundation of Ireland in 2008.

Keen to further her knowledge and studies, she travelled to China and spent time working in a hospital in Nanjing. What drew her to acupuncture was how it helped the body with its natural healing process. With a new-found passion, she returned to Ireland, and began to take on clients part-time in Dublin.

Brenda, who hails from just outside of Maynooth, saw a gap in the thriving town for an acupuncture and herbal medicine clinic and, in October 2018, she made the move and decided to set up her own acupuncture practice.

Based off the main street in Maynooth, Co Kildare, AcuWellness offers treatment for a variety of issues with pain, as well as treatments for pregnancy, menopause, menstrual symptoms, digestive orders, fertility and skin conditions.

Brenda combines her background in science and experience in the pharmaceutical industry in her eastern medicine approach. The aim of Brenda's treatments is to replenish the client's innate immunity, resulting in a healthier, more resilient person.

Taking part in ACORNS gave Brenda the motivation she required to keep pushing the business forward and has encouraged her to consistently move outside her comfort zone.

At the moment, Brenda runs the business by herself as well as carrying out all the treatments. Her plans for the future are to hire another Acupuncturist and to continue to broaden the client base.

Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.



An Roinn Talmhaíochta,
Bia agus Mara
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Food and the Marine