

Commission for Women. Maryland. Advancing Women's Rights in Montgomery County Since 1972

Patricia Maclay is a board-certified internist, rheumatologist and health educator. She is a graduate of Mount Sinai School of Medicine and completed her medical training, including an appointment as Chief Medical Resident and a Fellowship in Rheumatology, at Mount Sinai Hospital, New York, N.Y. She has more than 40 years of experience as a physician, educator, and lecturer. Seeing a pressing need to better inform people about the significant link between stress and disease, Dr. Maclay created the Choosing Wellness[®] Program. It is an educational model that uses the concepts of psychoneuroimmunology to empower individuals to take control of their own health. By understanding the biochemical differences between “calm”, “challenge” and “stress”; especially chronic stress, the individual can wisely choose a path toward wellness. The format is simple, scientifically based, and is geared for the general population, easily spanning from childhood to senior citizen. Dr. Maclay has delivered numerous presentations and seminars using the Choosing Wellness[®] model, including at the Katutura Inner City Youth Center in Windhoek, Namibia via the US Consulate, and for the Girl Scout’s National Convention: G.I.R.L. 2017. She has been the recipient of multiple awards including the Arthritis Foundation’s Outstanding Volunteer and a Presidential Point of Light Nomination for Outstanding Voluntary Service.

Dr. Maclay sits on CFW’s Program and PR Committees, and Chairs the STEM Scholarship Committee. She is the CFW liaison to Healthy Montgomery, FIMR-CAT, and is a Committee member of Mo Co’s CHNA (Community Health Needs Assessment). Dr. Maclay is on the Board for Up2Us Foundation focused on eliminating food insecurity and is a member of the League of Women Voters and Montgomery Women. She volunteers with ACES (Achieving Collegiate Success and Excellence) at Montgomery College, and is a member of Leadership Montgomery Class of 2020. Dr. Maclay is an avid supporter of Peerless Rockville, Strathmore Music Center, and the Smithsonian Museum. She is honored to have been named one of Maryland Commission for Women’s 2020 - 100 SHEROs for her volunteer work.

Dr. Maclay is known for her passion, desire to serve, and as the mother of two daughters, one an attorney in the field of international not-for-profit law, and the other the Lead Teaching Artist on the Intrepid Sea, Air & Space Museum in New York City. Dr. Maclay resides in Gaithersburg, MD.