

News Release*For Immediate Distribution*

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Contact:

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jeyrich@iaia.edu**Health and Wellness Conference Promises to Cultivate Mind, Body and Spirit**

Santa Fe, NM – IAIA’s Center for Lifelong Education is pleased to present the 2009 Health and Wellness Conference: “The Four Seasons of Wellness: Cultivating Mind, Body and Spirit” May 21 - 22, 2009 on the IAIA Campus (83 Avan Nu Po Road). The two-day conference runs from 8:00 a.m. – 4:30 p.m. each day and is free to all participants. It is sponsored by a grant from the United States Department of Agriculture, Cooperative State Research, Education and Extension service.

The conference’s theme is based on Pueblo cycles, growing seasons and ceremonials:

Winter=Earth/Emotion, Spring = Water/Mental, Summer=Fire/Physical and Fall=Wind/Spiritual.

It will focus on refining the emotional, mental, physical and spiritual health of people of all ages and backgrounds. Presentations will be given by specialists in Indigenous agricultural practices, fitness, emotional well-being, healthy diet and nutrition. There will be a number of intergenerational activities over the two-days including an “art barn” for children (or for those who are children at heart)! Other activities will include drum making, cooking demonstrations, Native games, fun exercises and the design of a future, permanent labyrinth for the IAIA campus. Massage therapists from the Scherer Institute of Natural Healing will be donating their time to help relieve stress with complimentary massage, as well.

For more information or to register, please contact Jaime Gaskin Eyrich at 505.424.5711 or jeyrich@iaia.edu or Karen Fragua at 505.424.2387 or kfragua@iaia.edu. For more information about the Institute of American Indian Arts, please visit www.iaia.edu.

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To empower creativity and leadership in Native arts and cultures through higher education, lifelong learning and outreach