

NEWS RELEASE

For Immediate Release

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SEARHC WISEWOMAN hosts women's sweat lodge

SITKA, April 8, 2008 — The SouthEast Alaska Regional Health Consortium (SEARHC) WISEWOMAN program will host a women's community sweat lodge event from 6-9 p.m. on Friday, April 18, at Yeesdooseigu Xáay, the New Breath Sweat Lodge located behind the SEARHC Community Health Services building.

This is a traditional ceremony that cleanses. The sweat lodge is a small, dark space heated by fired stones. Women will gather for three hours, but they can go in and out of the heat as they need to. If possible, women should fast with only juice and water the day of the sweat lodge. They should bring light foods for a post-sweat potluck after the event. Women should bring a water bottle, two towels, and a bathing suit or loose t-shirt and shorts to wear in the lodge.

For more information, please contact SEARHC WISEWOMAN Health Educator Martha Pearson at 966-8783.

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