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## "Exploring the Spiritual Self Through Native American Traditions" at IWU Chapel Hour

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"Exploring the Spiritual Self Through Native American Traditions" at IWU Chapel Hour  
October 18, 2006

BLOOMINGTON, Ill. - Occupational therapist Eliida Lakota will deliver a presentation titled, "Exploring the Spiritual Self Through Native American Traditions," on Wednesday, Oct. 25, at 11 a.m. in Illinois Wesleyan University's Evelyn Chapel, 1301 Park Street, in Bloomington.

The event is free and open to the public.

Specializing in combining stress management techniques with spirituality and the expressive arts, Lakota has given numerous presentations in colleges, primary schools, hospitals, and prisons. Her goal, she writes, is to use the expressive arts to demonstrate to people "how to observe and interpret their own internal images, [and to use the] findings to make relevant changes in their lives – [in order to] achieve peace of mind and bring balance to their personal sphere."

Lakota has been an occupational therapist at OSF Medical Center in Peoria for over 30 years. Much of her attention in the past has focused on adolescent behavioral health. She serves on the Board of Directors for the Seven Circles Heritage Foundation, located in Edwards, Ill. The purpose of the foundation is to promote Native American dance, arts, and cultural values in the broader community, as well as to promote the traditions of many other cultures.

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