

InterPlay Workshops for Cancer Care Settings

— Relieve Stress, Access Creativity —

Wednesday November 30

Patients, Family + Friend Caregivers

2:30 - 3:30 pm

Healthcare Professionals

5:15 - 6:15 pm

@UNC Cancer Hospital Interfaith Chapel

Medical Students, Residents

12:15 - 1:15 pm

**@UNC Memorial Hospital
Reeves All Faiths Chapel**

*Open workshops are part of a series preceding *Flipping Cancer* performance Fri. 12/2, 8:30am, Old Clinic Auditorium for UNC School of Medicine, Applied Phase



What is InterPlay?

- InterPlay methods are rooted in **movement + stillness, improvisational** tools for **story-telling, vocal + breath relaxation**. Live **sound healing music** accompanies this workshop.
- Creativity, rest, + play are a human birthright—especially for adults, people facing illness + chronic stress, + people in demanding professions. (interplay.org)
- Learn refreshing, powerful ways to access, honor + sometimes release the many rich stories we hold as **patients + caregivers**, as **healthcare providers + as medical students**.
- **No experience needed**. InterPlay sessions are for ALL bodies, just as they are.
- **Facilitated** by Marie Garlock, PhD Candidate, live **music** by Rev. Stacy Grove



Who should attend?

- > Do you struggle to feel at home in your own body?
- > Do you experience chronic stress or exhaustion?
- > Do you experience compassion fatigue?

Come to a free workshop—with the privacy of people in similar circumstances as you—to experience InterPlay methods for healthcare settings.

Registration: Free.

Register by **Tuesday Nov. 29**

Contact marie@itisinyou.org, **919 607 5533**

RSVPs helpful, but walk-ins welcome too.

