



# InterPlay Workshop for Cancer Patients and Caregivers

Relieve Stress, Access Creativity, Boost Energy

**Tuesday November 17**  
**2:30 p.m. to 4:00 p.m.**

**Duke Medicine Pavilion Interfaith Chapel**

—> Do you experience chronic stress, struggle to feel at home in your own body, or feel overwhelmed?

An afternoon workshop focused on creativity and centering in our bodies, just as they are. Created for persons who face cancers—including advanced cancers—as both patients and caregivers.

---

**Registration:** Free; Registration requested by Fri. Nov. 13, [cancersupport@duke.edu](mailto:cancersupport@duke.edu) or 919-684-4497

## **About this workshop:**

- **InterPlay** creates the space for a free flow of expression and physical movement in a safe, comfortable environment. This workshop incorporates new ways to access our stories, our ability for movement and stillness, and for voice and breath (even if you've never done this sort of thing before).
- **To promote stress relief** and chronic stress management, InterPlay is based in principles of “play, rest, and creativity”—as a right for all people, no matter their health diagnosis.
- **To promote restoration of energy**, InterPlay develops skills for inviting ease, affirmation, witness, and play into life beyond the workshop—even in very difficult situations. Gentle incremental steps lead to discovering your stories and your body's inherent knowledge in a refreshing, unique way.
- **Facing cancer as patient or caregiver**, you may often have been told all *about* your body (or your loved one's): diagnostic reports, tests, lots of instructions on what to do. Can we reclaim our relationship to our bodies and selves? Patients and caregivers who face cancer hold wisdom in their bodies and stories, that can benefit themselves and others. **Chairs or wheelchair space provided.** No prior experience of any kind is needed to participate, just a spirit of willingness. **Appropriate for all people's physical abilities and energy levels**, including those undergoing treatment or life transitions.



## **Workshop Leaders:**

**Marie Garlock** is a facilitator, dancer, story-performer, and PhD Candidate in Performance Studies and Health Communication at UNC-CH. She partners with people facing stage 4 cancers—current/former patients, care providers, health professionals, and people facing grief—providing programming for stress management, health advocacy, and creativity. She leads workshops in clinical and community settings worldwide, and is honored to collaborate at Duke Hospitals. (<http://itisinyou.org>)



**Rev. Stacy Grove** is a sound healing musician, interfaith minister, and hospital chaplain who has offered music to people throughout the world using instruments designed to promote healing in the physical and spiritual body. Stacy directs Heart-Space Spiritual Resources, committed to serving persons who face illness, grief, and isolation, through crosscultural community capacity-building and interfaith outreach. ([heartspacespiritualresources.org](http://heartspacespiritualresources.org)) —>More on InterPlay: [interplay.org](http://interplay.org), [interplaync.org](http://interplaync.org)

Tea and cider provided

 **Duke Cancer Patient  
Support Program**

 **InterPlay**  
unlock the wisdom of your body 