

InterPlay Workshop for Cancer Patients and Caregivers

Relieve Stress, Access Creativity,
and Boost Energy

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

Where: **Duke Medicine Pavilion
Interfaith Chapel**



Experience a workshop about unlocking the wisdom of your body—rooted in movement and stillness, improvisational stories, vocal release, and breath relaxation. With live sound healing music. Things to make a body happy.

Learn refreshing, powerful ways to access the unique stories we hold as patients and caregivers.

Creativity, rest, and play are a human birthright—especially for adults and people facing illness and chronic stress.
(interplay.org)

Tea and Cider provided

**No experience needed—for any body
and everybody!**

InterPlay
unlock the wisdom of your body

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

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

Registration: Free. Register by Friday Nov. 13, contact cancersupport@duke.edu or **919-684-4497** (walk-ins welcome too)

Facilitated by Marie Garlock, PhD Candidate
Music by Rev. Stacy Grove

