

InterPlay Workshop for Oncology Healthcare Providers

**Relieve Stress, Access Creativity,
and Build Your Strengths**

**When: 5:30 p.m. to 7:00 p.m.,
Tuesday November 17**

**Where: Duke Medicine Pavilion
Interfaith Chapel**



Experience a unique workshop rooted in movement and stillness, improvisational stories, vocal and breath relaxation, in a setting for oncology professionals *only*. With live sound healing music. Things to make a body happy.

Learn refreshing, powerful ways to access, and variously honor and release the many rich stories we hold as oncology healthcare providers.

Creativity, rest, and play are a human birthright—especially for adults and people in demanding professions. (interplay.org)

Tea and Cider provided

No experience needed, just willingness.

InterPlay
unlock the wisdom of your body

—> Do you experience chronic stress, exhaustion, and / or compassion fatigue?

An **early evening** workshop focused on building skills as oncology healthcare providers to: discern personal, creative capacities, to relieve stress, and access our own body knowing in the midst of busy, high-demand schedules.

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

