

InterPlay Workshops for Cancer Care Settings

— Relieve Stress, Access Creativity —

Wednesday July 19

Healthcare Professionals

12:00 - 1:00 pm

Patients, Family + Friend Caregivers

2:00 - 3:00 pm

@UNC Memorial Hospital
Reeves All Faiths Chapel, 1st floor

**These workshops precede the 7/21 Flipping Cancer performance presentation for NC Clinical Pastoral Education Conference*

What is InterPlay?

- InterPlay methods are rooted in **movement + stillness, improvisational tools for storytelling, 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

InterPlay
unlock the wisdom of your body

ACPE | The Association for
Clinical Pastoral
Education, Inc.

UNC
HEALTH CARE

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 5 pm **Monday July 17**

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

RSVPs helpful, but walk-ins welcome too.

