

# InterPlay Workshops for Pastoral Care Settings

— Relieve Stress, Access Creativity —

**Tuesday June 27**

Pastoral Care Professionals  
**11:00 am - 12:00 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 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](http://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 12 noon **Monday June 26**

Contact [marie@itisinyou.org](mailto:marie@itisinyou.org), **919 607 5533**

RSVPs helpful, but walk-ins welcome too.

