

The Eno River Fellowship Foundation, RCWMS, + Flipping Cancer Project present

Our Bodies, Our Stories: Public Workshop for People Navigating Life-Threatening Illness

Saturday, February 10, 2024, 2:00 to 3:30pm

Eno River Unitarian Universalist Fellowship: 4907 Garrett Rd, Durham NC



Come find creativity, stress release, and renewing community while navigating cancer and other life-threatening illnesses. A public workshop welcoming patients, caregivers, community supporters, and healthcare workers, of all mobilities, pain and energy levels.

This 90-minute session incorporates InterPlay methods to easefully explore story, movement, and voice, guiding interpersonal and inner-connection. Authentic, imaginative health storytelling practices can leave us feeling lighter and clearer than when we began.

Led by Marie Garlock, PhD, with live sound healing music by Rev. Stacy Grove. Disability accommodations, COVID safety, and refreshments onsite. Walk-ins welcome!

Register: itisinyou.org/workshop-february-10