



News Release

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FOR IMMEDIATE RELEASE

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**St. John's Mercy Sports & Therapy
To Offer Free Introductory Session of InterPlay**

A free introductory session to experience the benefits of InterPlay will be held on Wednesday, April 2, from 9:30 to 10:30 a.m., in the Community room of St. John's Mercy Sports & Therapy, 1713 Heritage Hills Center, in Washington, Mo. The class will be offered weekly as part of St. John's Mercy Hospital's wellness program.

InterPlay is the practice and philosophy of appreciating the body as a system of intelligence. It teaches simple forms in movement and stillness, voice and story, and ease and amusement, which invite the body to unwind and release the tension and stress carried in the body. This process unlocks the wisdom of the body and allows access to hidden sources of energy.

The InterPlay class is for adults of all ages and physical abilities. It is especially helpful for persons living with chronic pain or stress. The results promote relaxation, ease, and increased energy and fun.

To pre-register for this free, introductory session, please call Sports & Therapy at 636-239-8858. The cost for an individual session is \$10 or \$35 for a 4-week session. For more information about InterPlay, contact Julie Dotson, the class facilitator, at 314-805-9544.

St. John's Mercy Hospital is a member of the Sisters of Mercy Health System.

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