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## PATIENT & CAREGIVER EDUCATION

# Young Adult Workshop: Movement and Music

Explore ways to connect and share with others through movement and music during this virtual workshop with rotating themes!

### **Gentle Stretch with Jenn**

Enjoy your favorite tunes while we nourish the body with a gentle stretch. Engage your body while relieving stiff muscles and tight areas. Join Jenn, an instructor from the Integrative Medicine service, and other young adults for these 30-minute virtual sessions.

This workshop is for young adults receiving care at MSK ages 15 to 35.

**Meet Our Instructor:** Jennifer (Jenn) Whitley is a board-certified Dance/Movement Therapist (DMT) and Licensed Creative Arts Therapist. Jenn began working at MSK in 2012 with a focus on medical DMT in pediatric oncology. She is a provider for the IM @ Home Virtual Program through MSK's Integrative Medicine Service, offering Dance Cardio, Dance Therapy, and other dance

and DMT-focused workshops. Her extensive training in various forms of dance informs her classes, where she fuses the forms with therapeutic, mindfulness, and somatic movement experiences. Jenn is passionate about bringing dance to people diagnosed with cancer.