EXPLORING CHRONIC PAIN
For TWO people with pain

REQUEST FOR RESEARCH PARTICIPANTS

Who can join this study? - You can participate if:
1. You are an adult who experiences chronic pain and so does your caregiver
   OR
2. You are an adult who experiences chronic pain and so does the person you provide care to

What is this study about?
The purpose of the study is to offer an intervention with light activity with education to help improve persistent pain for individuals who are caregivers or care recipients.

What will I be asked to do?
The program will begin in the upcoming months. Your commitment will be 16 sessions (twice a week for 8 weeks).
   • 45 minutes of education
   • A 15 min break
   • 1 hour of light physical activity
You will receive up to $100 following participation in the intervention

Are you a caregiver or care recipient with chronic pain?
This research is conducted by:
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