

EXPLORING CHRONIC PAIN

For *TWO* people with pain

REQUEST FOR RESEARCH PARTICIPANTS

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.

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 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?

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