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 who provides care to you

What will I be asked to do?
The program will run in the mornings and afternoons from 2/26/19 to 4/18/19. Your commitment will be 16 sessions (2x/week Tuesday and Thursday for 8 weeks):
- 45 mins of education
- A 15 min break
- 1 hour of light physical activity
You will receive up to $100 in gift cards following study participation.

Are you a caregiver or care recipient with chronic pain?
This research is conducted by:
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This Research is Being Conducted through the department of Human Development and Family Studies and the department of Occupational Therapy at Colorado State University