

MOVEMENT THAT MATTERS FOR MANAGING CHRONIC PAIN

## RESEARCH PARTICIPANTS NEEDED

- ✓ **Adults living across SK who have chronic pain not caused by cancer**
- ✓ **Have experienced pain for 3 months or longer that interferes with daily activities on 4 or more days each week**
- ✓ **Interested in trying a new program called *Movement that Matters* to learn more about chronic pain and self-management strategies including physical activity,**

The research purpose is to test the implementation and effectiveness of a new chronic pain, physical activity, and self-regulatory skills intervention for adults living with moderate-to-severe chronic pain in SK. Participating will involve completing online surveys, physical activity monitoring, and attending the program in-person in Saskatoon. The program will be 6 weeks long with 2 sessions per week lasting 75-minutes each. Please email us or access the first online screening survey for more information.

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