Aerobic exercise and fibromyalgia education are key evidence-based components of fibromyalgia treatment. However, many patients with fibromyalgia have poor adherence with aerobic exercise and lack of fibromyalgia symptom management knowledge. A 10-week nurse navigated Pilot Fibromyalgia Program that focused on self-management education and exercise was developed and implemented at an outpatient chronic pain management clinic. The goal was to decrease the negative impact of fibromyalgia on participants’ daily living. Participant Fibromyalgia Impact Questionnaire scores compared from pre-program to post-program improved by 18%. This suggests that a nurse navigated pilot program can help improve function, and decrease impact and symptom intensity.