

# Learn to Manage Pain with Peer Support

**Are you an adult with chronic pain?**

**Would you like to try a peer-led support program to learn how to manage your pain symptoms and stress?**

If you answered **YES** to these questions, you may be eligible to participate in a study to explore the effects of a peer-led group program to improve pain.

*What will I be expected to do?*



- Attend the *A Way Forward* chronic pain management program once a week for 1.5 hours for 8 weeks (held in Coeur d' Alene, Idaho)
- Complete activities that build skills to manage pain better
- Earn \$20 in gift card rewards for taking surveys about your pain and health

For more information please email [a.way.forward@aol.com](mailto:a.way.forward@aol.com) call 509-324-7443.

Washington State University IRB has reviewed and approved this study for human subject participation.