

# ACTIVE BRAINS

**Do you or your loved one have chronic pain?**

**Do you or your loved one have memory problems?**

■ **We need your input!**

- The Memory Unit and the Integrated Brain Health Clinical and Research Program at Massachusetts General Hospital (MGH) are developing an exercise and mind body program to promote physical and emotional health.
- We hope to optimize the program, based on your feedback, **to better serve patients with chronic pain and memory problems.**

■ **What is involved?**

- A 70-minute group session led by a MGH psychologist with expertise in chronic pain, physical activity, and mind-body skills.
- The group will meet at MGH at a time that is convenient for participants.
- Completion of in-person questionnaires.
- Optional assessments completed by phone call.
- NO medications are involved.

■ **Topics Include:**

- Needs of pain management
- Usefulness of mind-body skills
- Interest in participating in a mind-body program
- Physical activity aided by Fitbit watch use



■ **Who can participate?**

- Adults age 60+ with chronic pain **and** memory problems
- A loved one of someone with memory problems and chronic pain

■ **Will I be paid for participation?**

- Up to \$40 for the group session and assessments

***Interested? Please contact Melissa Gates:  
(617) 643-9406 or [mvgates@mg.harvard.edu](mailto:mvgates@mg.harvard.edu).***

*Thank you for considering our study. Your input will help other patients chronic pain and memory problems.*