



Do you want to try mindfulness for your chronic low back pain?



YOU MAY BE ELIGIBLE IF:


- Are 18 years or older
- Have chronic low back pain for 3 months or more that interferes with daily life

PARTICIPATION IN THE STUDY MAY INCLUDE:

- Completing surveys and video calls with research staff
- Attending weekly group mindfulness sessions via zoom
- Compensation for participation

CONTACT US TO SEE IF YOU ARE ELIGIBLE

 impact@umassmed.edu

 (508) 856-1166



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