

10 THINGS YOU CAN DO TO RAISE AWARENESS IN 10 MINUTES OR LESS

- 1) Keep 10 Pain Awareness Month/National Day of Action posters and a roll of tape or tacks handy. Post flyers on bulletin boards at your local grocery store, library, places of worship, community centers, beauty and barber shops, gyms, yoga studios and coffee shops. *Posters are available on the tools/resources page of the Conquering Pain Together web site—while supplies last!*
- 2) Think of five organizations or community partners in your area whose members are affected by pain. Contact those groups to ask if they would be willing to distribute APF educational materials and post the "I COMMIT" petition to their web site.
- 3) If you have a Facebook or other social networking page, use your status to update friends about events you're involved with in honor of Pain Awareness Month. Refer them to the Conquering Pain Together web site, www.conqueringpaintogether.org. Be sure to post specific updates at the beginning of Pain Awareness Month and on September 26, the National Day of Action, to encourage friends to support your efforts.
- 4) Contact your parish rectory, synagogue or place of worship to find out if they will include a message in the weekly bulletin or newsletter. Ask them to print the following:
 - *"September is Pain Awareness Month. Do you or someone you love suffer with persistent pain? If so, there are steps you can take to find relief. The American Pain Foundation can help. Visit www.painfoundation.org for information and support and to join the movement for better pain care for all."*
- 5) Call your Mayor's office to find out if they have a department that handles health care or disability issues. Make sure they know that September is Pain Awareness Month and ask if they would be willing to help spread the word by posting a link on their web site, including an article in their newsletter or formally declaring September as Pain Awareness Month.
- 6) If you are affiliated with a hospital or university, let your public relations or media department know September is Pain Awareness Month is a great opportunity for local media outreach. Ask your hospital or health care center to include an article about Pain Awareness Month in their newsletter and/or on their Web site.
- 7) Talk to your human resources department about setting up an educational table about pain at your workplace and/or arranging a specific pain awareness event leading up to the National Day of Action.
- 8) Ask your local library to help showcase Pain Awareness Month by featuring APF's educational materials during the month of September. Find out if the library invites community speakers on different topics.

- 9) Scan your daily newspaper for sections that cover health, health observances, calendar events and communities. Is there a section where your story and Pain Awareness Month fits? Is there an emerging story that you can jump on to place an Op-Ed or interest a reporter in covering the “other side of the story?” Is there a “My Turn” or “Neighbors” section where you can be featured?

- 10) If you’re a person with pain or caregiver, talk to your physician at your next visit about including information in their waiting room, such as Pain Awareness Month Day of Action postcards and other printed materials. If you’re a healthcare professional, talk to your office staff about where to place materials or ask if they would like to join you in your activity on the National Day of Action.