



Montgomery  
County  
Prevention  
Coalition

Educate | Advocate | Empower

# THERE'S NO PLACE LIKE HOME FOR SAFE PAIN MANAGEMENT

**ASK**  
FOR THE  
ALTERNATIVES

## Talk with your healthcare provider about at-home pain management.

For safe, long-term pain management, prescription medications, especially opioids, shouldn't be used. In many cases, pain management treatment can happen at home, often at no cost to you and always at no risk of addiction.

## Know Your Alternatives

- Stretching
- Meditation
- Yoga
- Weight loss
- RICE (Rest, Ice, Compression, Elevation)

Learn about these therapies and more at **[AskForAlternatives.com](https://www.AskForAlternatives.com)**

A PROGRAM OF



**Community Overdose Action Team**  
*Working Together To Combat Overdoses and Drug Abuse*



Dayton &  
Montgomery  
County



This work is funded either in whole or in part by a grant awarded by the Ohio Department of Health, Office of Health Improvement and Wellness Violence and Injury Prevention Section and as a sub-award of a grant issued by the Centers for Disease Control and Prevention under the Overdose Data to Action grant, grant award number 1 NU17CE924989-01-00, and CFDA number 93.136.