



Montgomery
County
Prevention
Coalition

Educate | Advocate | Empower



CHRONIC PAIN DOESN'T ALWAYS CALL FOR PILLS

**ASK
FOR THE
ALTERNATIVES**

Talk with your healthcare provider about safe pain management.

Many insurance plans offer coverage for alternative treatments.

If you're experiencing pain, prescription opioids or other medications aren't your only option. Alternative therapies may actually provide better long-term pain management without the risks of side effects or addiction.

Know Your Alternatives

- Physical therapy
- Massage therapy
- Acupuncture
- Mental health counseling
- Steroid injections

Learn about these therapies and more at AskForAlternatives.com

A PROGRAM OF



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



Dayton &
Montgomery
County

