

# RISE ABOVE THE CHALLENGE

Pain medication given  
for sports injuries  
can be addictive.

Talk to a parent, coach, or trainer  
about healthy ways you can recover.



Physical  
Therapy



Massage



And More

GREAT ALTERNATIVES

ONE TEAM,  
ONE MISSION  
[ASKFORALTERNATIVES.COM](http://ASKFORALTERNATIVES.COM)

**ASK  
FOR THE  
ALTERNATIVES**

A PROGRAM OF



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



Dayton &  
Montgomery  
County



**ADAMHS  
BOARD**  
MONTGOMERY COUNTY  
ALCOHOL, DRUG ABUSE, AND MENTAL HEALTH SERVICES