

TEAMING UP AGAINST PAIN MEDS

Pain meds are not always the
answer to a sports injury.

Before taking opioids, talk to your parent or
guardian about non-addictive alternatives.



Physical
Therapy



Massage



And More

GREAT ALTERNATIVES

ASK
FOR THE
ALTERNATIVES

ONE TEAM, ONE MISSION **ASKFORALTERNATIVES.COM**

A PROGRAM OF



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



Dayton &
Montgomery
County

