Montgomery County Prevention Coalition

Educate | Advocate | Empower

Community Overdose Action Team

COME BACK STRONGER

Sports injuries are temporary, but addiction to opioids might not be.

Before taking prescription opioids, talk to your trainer or a trusted adult about non-addictive alternatives.

- Physical Therapy
- Chiropractic Care
- Meditation
- Stretching
- And More

GREAT ALTERNATIVES

ASK FOR THE ALTERNATIVES

ONE TEAM. ONE MISSION.

ASKFORALTERNATIVES.COM

A PROGRAM OF TakeChargeOhio

Public Health Prevent. Promote. Protect. Dayton & Montgomery County

ADAMHS BOARD MONTGOMERY COUNTY ALCOHOL | DRUG ADDICTION | AND MENTAL HEALTH SERVICES

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