

RISE ABOVE THE CHALLENGE

**Prescription pain
medication given
for sports injuries
can be addictive.**

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



Physical
Therapy



Chiropractic
Care



Meditation



Stretching



And More

GREAT ALTERNATIVES

ASK
FOR THE
ALTERNATIVES

ONE TEAM. ONE MISSION.
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 **TakeChargeOhio**

 **Public Health**
Prevent. Promote. Protect.

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