



## TEANING UP AGAINST PAIN BUD AGAINST PAIN BUD AGAINST

## Prescription meds are not always the answer to a sports injury.

Before taking opioids, talk to your trainer or a trusted adult about non-addictive alternatives. Physical Therapy Chiropractic Care



Stretching

And More

**GREAT ALTERNATIVES** 



## **ONE TEAM. ONE MISSION.** ASKFORALTERNATIVES.COM







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