

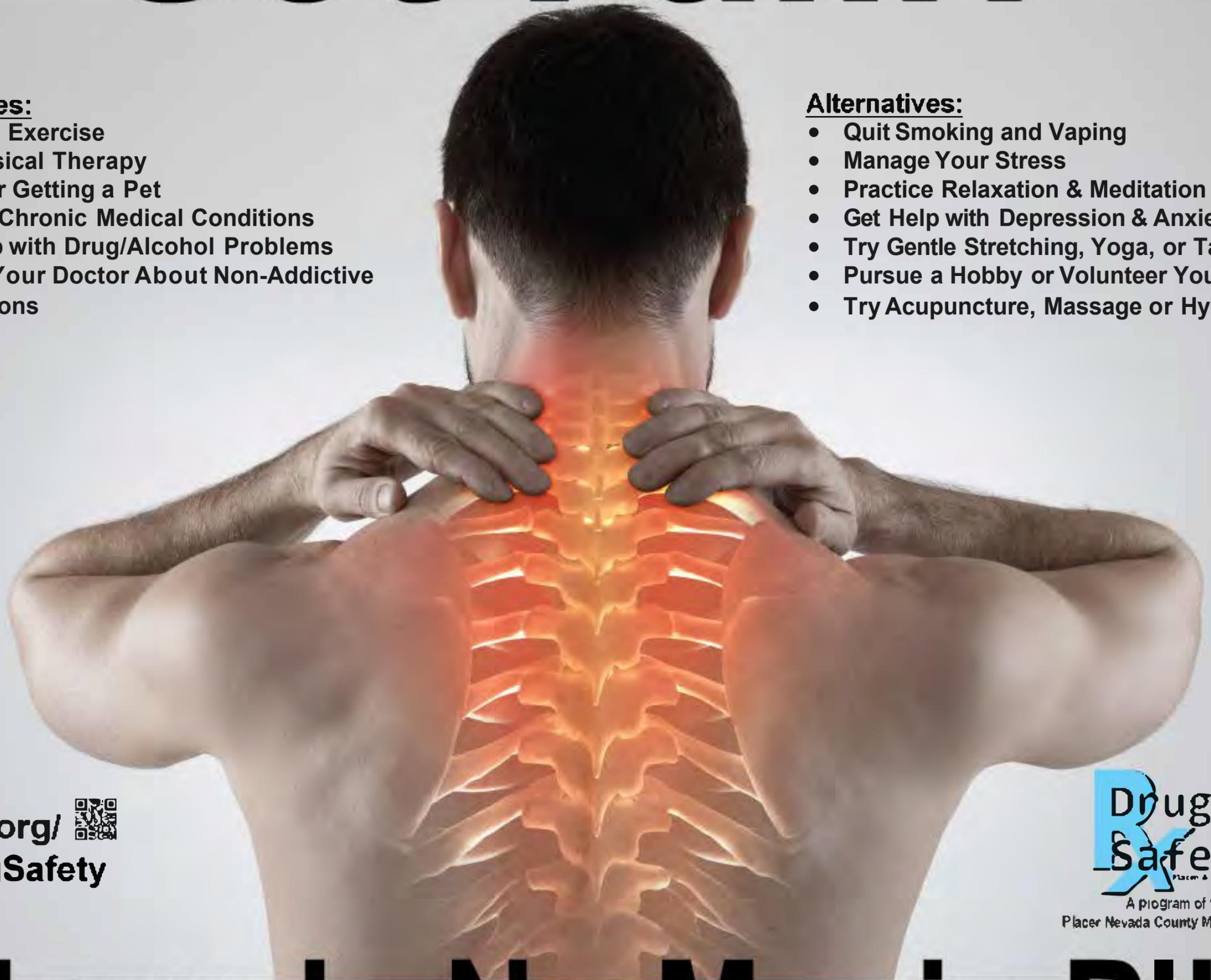
Got Pain?

Alternatives:

- Diet and Exercise
- Try Physical Therapy
- Consider Getting a Pet
- Manage Chronic Medical Conditions
- Get Help with Drug/Alcohol Problems
- Talk To Your Doctor About Non-Addictive Medications

Alternatives:

- Quit Smoking and Vaping
- Manage Your Stress
- Practice Relaxation & Meditation
- Get Help with Depression & Anxiety
- Try Gentle Stretching, Yoga, or Tai Chi
- Pursue a Hobby or Volunteer Your Time
- Try Acupuncture, Massage or Hydrotherapy



[pncms.org/
RXDrugSafety](http://pncms.org/RXDrugSafety)



A program of the
Placer Nevada County Medical Society

There Is No Magic Pill