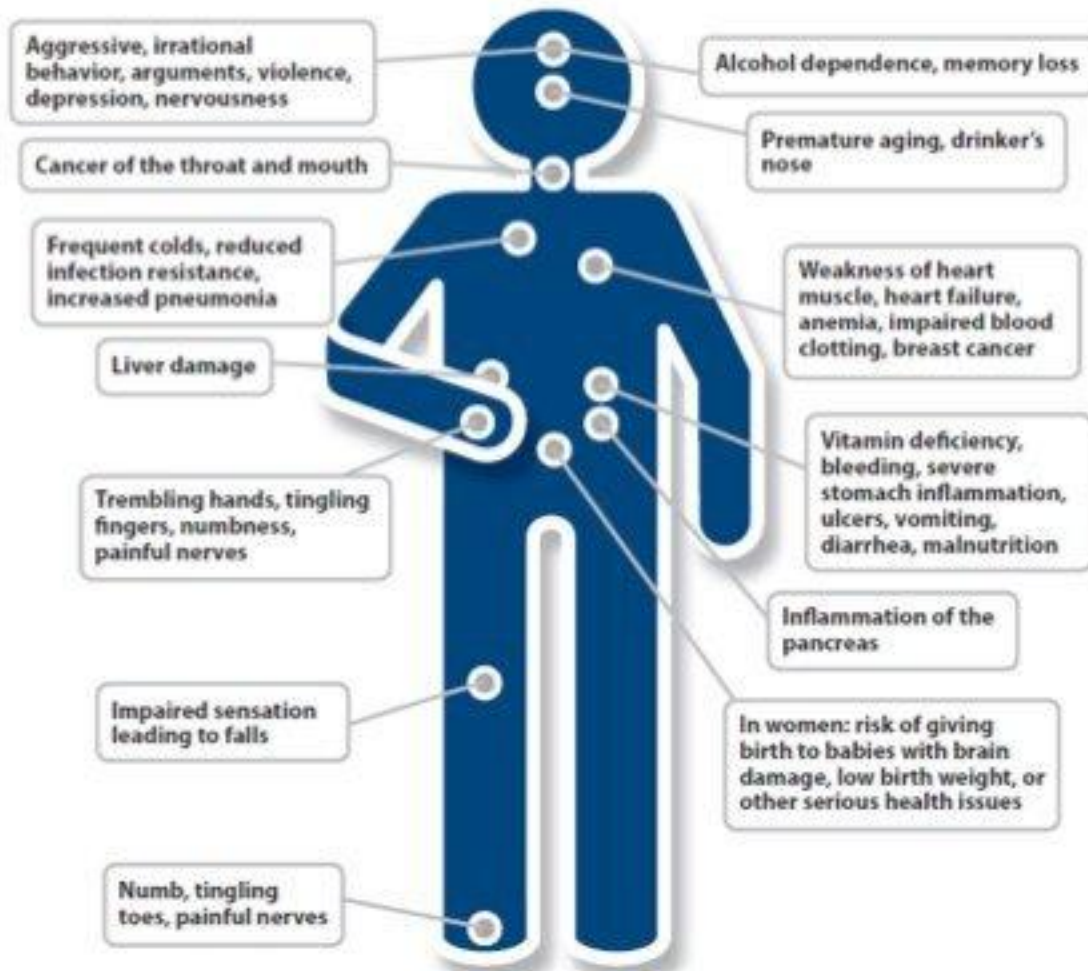


ALCOHOL AWARENESS MONTH



Risky Drinking: Effects on the Body



Ways to cut back to a safer level of alcohol use:

Measure & Count: Keep to standard drink size; count drinks on phone or calendar.

Set Goals: Decide how many days a week to drink and how many drinks each day.

Pace & Space: Sip slowly. Only 1 drink per hour. Alternate with water, soda, juice.

Include Food: Don't drink on an empty stomach. Eat while you drink.

Avoid Triggers: Avoid people, places and activities that trigger the urge to drink.

Plan for Urges: Do a distracting activity. Talk to someone. Ride out the feeling.

Know Your "No": Use a polite, convincing "no" when you don't want a drink.