

Feel more confident

Enjoyable Driving

Celebrate

Risk of injury

Expensive

Safe

Cope Relax

Hangovers

Pregnant

Calories

Fun

Legal age

Violence

Bond

Habit

Sexual assault

links to chronic disease

How much

Socialize

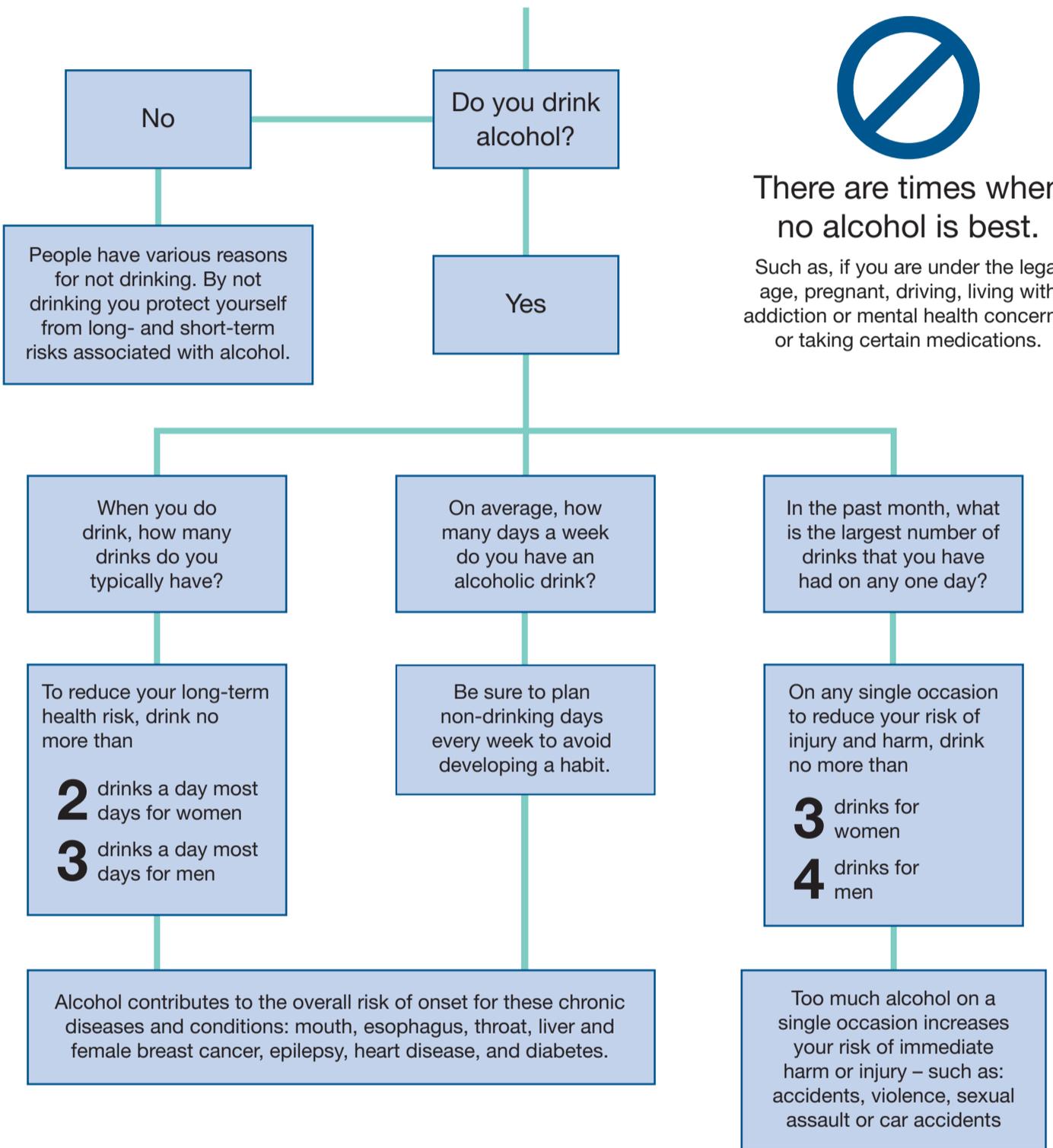


Check in honestly with yourself.



There are times when no alcohol is best.

Such as, if you are under the legal age, pregnant, driving, living with addiction or mental health concerns, or taking certain medications.



For these guidelines, a drink means



43 ml (1.5 oz.) serving of 40% distilled alcohol content (rye, gin, rum etc.)



142 ml (5 oz.) glass of wine with 12% alcohol content



341 ml (12 oz.) glass of 5% alcohol content (beer, cider or cooler)

Do you drink too much, too often, or at the wrong time?

Support is available.

1-866-332-2322

www.albertahealthservices.ca/2459.asp

