



Alcohol Awareness Month

Impacts of **Heavy Alcohol use:**

- Heart and Liver Complications
- Stroke and High Blood Pressure
- Increased risk for some Cancers

Learn Your Limits:

Moderate Drinking:

For men: < 4 drinks a day AND < 14 drinks per week

For women: < 3 drinks a day AND < 7 drinks per week



What is considered 1 drink?

1 drink =



=



=



12oz of 5% beer

5oz of 12% wine

1.5oz of 40% alcohol

Work with your friends, family, and doctors to track your drinking!

Resource: <https://www.niaaa.nih.gov/alcohol-health>

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