



NUMBERS TO KNOW FOR HEALTH & HAPPINESS

5 Reasons to Limit Alcohol



Limit alcohol to lower your risk for:

1. Injuries from falling and operating machines
2. Liver and heart diseases, stroke, and high blood pressure
3. Cancers of the breast, mouth, throat, colon, and liver



4. Depression, sleep disorders, unsafe sex, alcohol abuse, and harmful alcohol and drug interactions
5. Motor vehicle crashes. As little as 2 drinks can impair some people's ability to drive safely.



Take Action: Be Social Without Alcohol

- Focus more on the people you are with than alcoholic drinks.
- Keep drinks without alcohol in your house to offer guests.
- Plan activities with others that do not include alcohol.
- Drink water. This helps you save money, too.