

Buena Salud® Club



April is Alcohol Awareness Month

Know the Basics

If you choose to drink, have only a moderate amount. This means:

No more than 1 drink a day for women

No more than 2 drinks a day for men

Depending on what you drink, 1 drink is:

- Bottle of beer (12 ounces)
- Glass of wine (5 ounces)
- Shot of liquor (1.5 ounces)

#QuickFacts

- About half of liver disease deaths in the U.S. involve alcohol misuse.
- Research shows that women start to have alcohol-related problems sooner, even though they drink less than men do.

Drinking is a problem when it causes trouble with:

- Your relationships
- School or work
- How you think and feel

Questions? Call us today @ [866-783-2645](tel:866-783-2645) for free health info!

Drinking less to:

- Lower your risk of injury
- Avoid health problems
- Save money



Receive a **FREE**
exercise band
when you call!

*while supplies last

Take Action!

Strategies to help you cut back or stop drinking:

1. Know how many drinks you have in a day.
2. Don't drink to change how you feel.
3. Avoid places where people drink a lot.
4. Limit the amount of alcohol you keep at home.
5. Ask for support from family and friends.

#FollowUs & #BeInformed



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@health4americas



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