

Take it easy this weekend!

If you choose to raise a glass, bring moderation to your vacation.

**REDUCE
YOUR
HEALTH
RISKS**

**DRINK NO
MORE THAN:**

**3/day
15/week
for men**

**2/day
10/week
for women**



Canadian Centre
on Substance Abuse

Centre canadien de lutte
contre les toxicomanies

www.ccsa.ca

Canada's Low-Risk Alcohol Drinking Guidelines

PICK UP YOUR COPY
at any LCBO store or
online at www.ccsa.ca

Canada's
**Low-Risk
Alcohol
Drinking
Guidelines**

Drinking is a personal
choice. If you choose to
drink, these guidelines
can help you decide when,
where, why and how.

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Parsons, Knowledge, Change,
Collaboration, Conscience, Engagement