

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 Use
and Addiction

Evidence. Engagement. Impact.

www.ccsa.ca

**CANADA'S LOW-RISK
ALCOHOL DRINKING
GUIDELINES**

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.

Canadian Centre
on Substance Use
and Addiction
Evidence. Engagement. Impact.