



Canadian Centre
on Substance Use
and Addiction

Your Drink. Your Call.

KNOWALCOHOL.CA



Less really is more.

Drinking less supports your focus,
energy, and mental clarity.

Learn more about Canada's Guidance
on Alcohol and Health →





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**Water is your
best wingman.**

Alternate every drink with
water or a no-alcohol product.

More tips for safer drinking found here →

