

Say, **"Yes!"** to Drinking Less Alcohol

More than 2 alcoholic
beverages a day for men and 1
a day for women is too much.

Ready to cut back? Visit
YourLifelowa.org/alcohol



*Source: Centers for
Disease Control and
Prevention, 2024*

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You May Be Thinking,

"I'm Not Drinking Too Much Alcohol!"

Having 4 or more drinks for women or 5 or more for men in 2 hours is considered binge drinking.

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Source: Centers for Disease Control and Prevention, 2024

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