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. Say "yes" to drinking less to reduce your risk of alcohol-related health problems.

Ready to cut back on drinking?

Learn more at YourLifeIowa.org/alcohol



Source: Centers for Disease Control and Prevention, 2024



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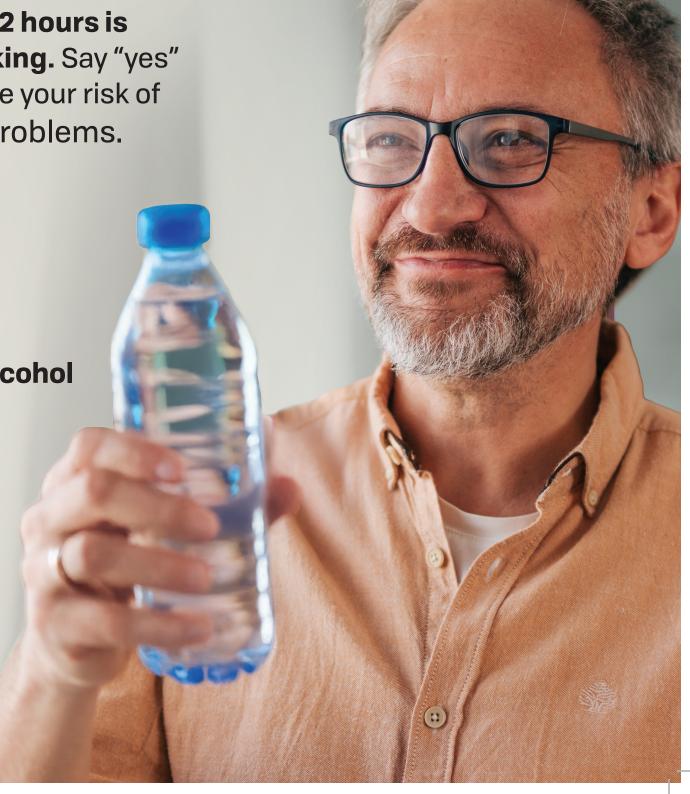
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Y O U R L I F E I O W A

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Say, "Yes!" to Drinking Less Alcohol

When you say "no thanks" to heavy drinking, you say "yes!" to less stress, stronger relationships and lower risks for heart disease and depression.

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