



Did you know having more than 2 alcoholic drinks a day is considered too much? According to the CDC, you can lower your risk of heart disease, depression and more by choosing not to drink alcohol or drinking less.

Learn more at YourLifelowa.org/alcohol.





Did you know having more than 2 alcoholic drinks a day is considered too much? Drink less to reduce your health risks.

**Say,
“Yes!”
to Drinking
Less
Alcohol**

Source: Centers for Disease Control
and Prevention

Drink less for your health.
Learn the facts.



Having 4 or more alcoholic drinks for women or 5 or more for men in 2 hours is considered binge drinking. Drink less for your health.

**You May Be
Thinking,
“I’m Not
Drinking Too
Much Alcohol!”**

Source: National Institute on
Alcohol Abuse and Alcoholism

Curb your drinking.
Learn the facts.




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

**Drink less for
your health.**

A Black woman with short hair, wearing an orange polka-dot shirt, is smiling and holding a glass of amber-colored liquid. The background is a soft-focus indoor setting.

**You May Be
Thinking,
"I'm Not
Drinking Too
Much Alcohol!"**

Curb your drinking.

A white man with grey hair, wearing a blue jacket over a red shirt, is smiling and holding a glass of clear liquid. The background is a soft-focus indoor setting.

Drink Less

**Alcohol
for Better
Health**

Source: *Centers for Disease
Control and Prevention*



Say,

“Yes!”

**to Drinking
Less
Alcohol**



Source: *Centers for Disease Control
and Prevention*

A photograph of a middle-aged man with grey hair, smiling and looking upwards. He is holding a clear glass of water in his right hand. He is wearing a dark blue jacket over a red shirt. The background is a blurred cityscape.

You May Be Thinking,

“I’m Not

Drinking Too

Much Alcohol!”

Source: *National Institute on
Alcohol Abuse and Alcoholism*

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