



Be wiser

Wise people make wise choices . . . choose wisely!

0

Zero drinks if you are underage, driving, taking medication, pregnant or in recovery.

1

Limit your consumption to no more than one drink per hour.

One drink = 12oz. beer, 5oz. wine, 1oz. shot (100 proof)

2

Limit you drinking to no more than two times per week.

3-4

Limit your consumption to no more than three to four drinks per event.

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The King of Peers



Peer Health Education Program

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