

UCR Celebrates
ALCOHOL AWARENESS WEEK
October 23-31, 2006



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 your drinking to no more than two times per week.

3-4 Limit your consumption to no more than three to four drinks per occasion.

*This message brought to you by
The Golden ARCHES Peer Educators*

The King of Peers

Activities & Events:

There will be a passive display on the commons construction fence throughout the entire campaign.

Information Tables at the Belltower on Tuesday, Wednesday and Thursday from 11:30 AM to 1:30 PM

Fatal Vision Goggle Activities: Driving Course (Tuesday), Football Toss (Wednesday), Putting Green (Thursday)

Sign a pledge to make wise decisions and get a "Be Wiser" T-Shirt

Answer an alcohol awareness quiz question and get a "Be Wiser" keychain/ID Holder

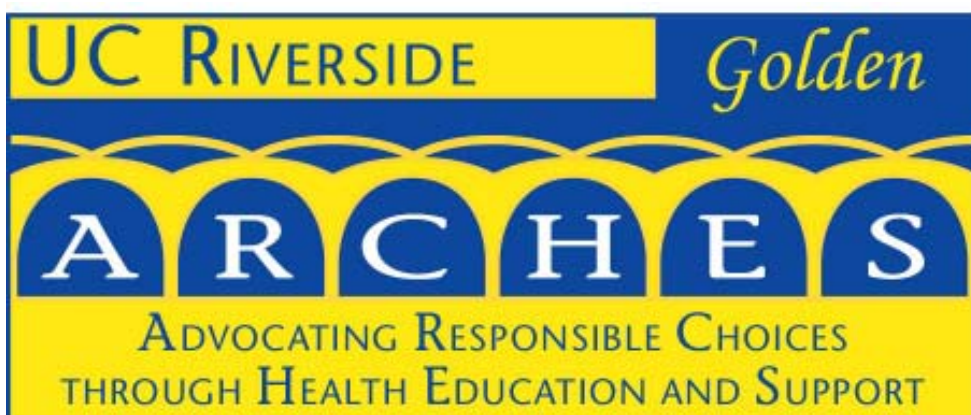
Guess the number of bottle caps in the jar contest

Pick up a wide variety literature about alcohol related information and resources

Learn about our Bell/Yellow Cab Saferide Program (Bell/Yellow Cab will be here to answer your questions)

Find out about our many projects and initiatives to raise awareness

Information Tables will also be held at the residence hall restaurants (Lothian Tuesday, A&I Thursday) from 5-7 PM



Peer Health Education Program

www.arches.ucr.edu

