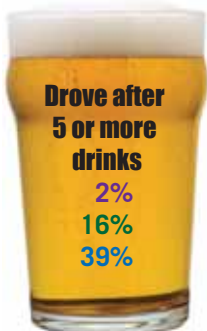
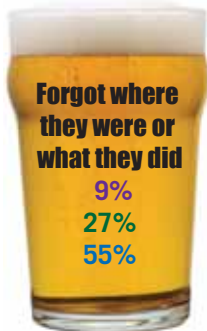
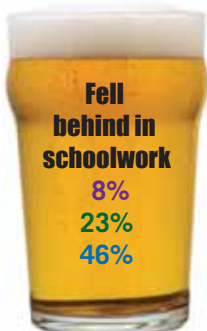


# Drinking excessively leads to more than just a hangover.

**Non-Bingers**

**Bingers** (5 drinks for men, 4 for women, within 2 hours)

**Frequent bingers** (at least 3 times in the last 2 weeks)



**UCR Police Department will be conducting:**

- DUI Checkpoints
- Party Patrols
- Saturation Patrols

**Get a Safe Ride for Free**

**UCR Safe Ride Program  
(951) UCR-TAXI**

\*Harvard Public Health Review



**Alcohol Effects. Don't be proof.**