

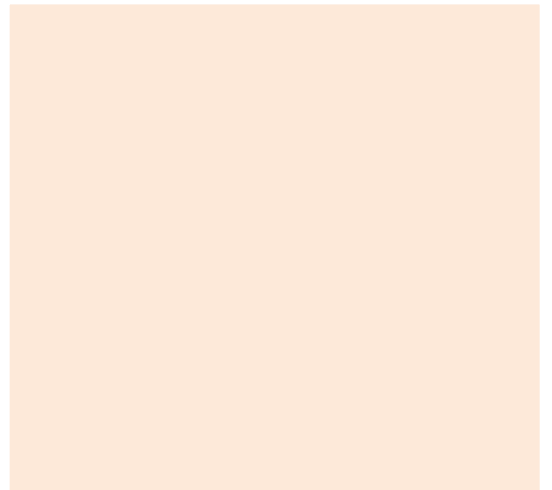
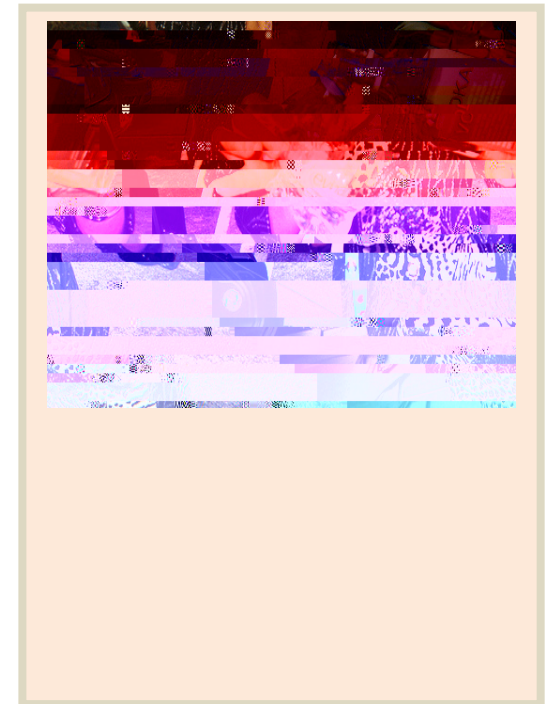


By using alcohol in a responsible way, you can **reduce your risk of developing a drinking problem**. The following are some guidelines for responsible drinking:

Remember that drinking shouldn't be the primary focus of any activity.



Donna Darmody + Health Education
CSD Room #211
Monday 8:30



Eat first! Especially foods that are high in meat or protein, like cheese and meat. It slows down absorption rate, so the alcohol won't hit your system all at once.

Drinking soda with alcohol actually **INCREASES** the absorption of alcohol into your bloodstream, while water decreases it.



