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We want everyone to have fun and be safe. So be our guest:



- Have something to eat.
- Enjoy our alcohol-free drinks.
- Follow the Low-Risk Drinking Guidelines.
- Please don't drink and drive. Talk to us about getting home safely.

www.lrdg.net 1 800 463-6273

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We have all heard of people who've been injured or had problems because of alcohol. To minimize your risk:



- Limit yourself to 2 standard drinks on any one day.
- Wait at least one hour between drinks.
- Have something to eat – alcohol and an empty stomach don't mix.
- Take a break. Have an alcohol-free round.
- Never drink and drive – or ride with a driver who has been drinking. Take a cab. Get a ride from someone who hasn't been drinking. Be a designated driver.

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What is low-risk drinking?

Adult women

- 9 or fewer standard drinks a week, and
- No more than 2 on any one day.

Adult men

- 14 or fewer standard drinks a week, and
- No more than 2 on any one day.

The Low-Risk Drinking Guidelines do not apply to everyone. Some people should not drink or should drink less than these guidelines for health, safety or legal reasons.



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