

# WHAT MAKES FOR A HEALTHY LIFE? NOT consuming large amounts of ALCOHOL!



**What are the dangers of drinking too much?**

**Binge drinking** is considered four or more drinks at a time for women, five or more for men and accounts for more than half of the **75,000 deaths** due to excessive drinking in the United States each year.

**Alcohol poisoning** can be a fatal result of binge drinking. Other dangers of binge drinking are **alcohol abuse** and **alcoholism**.

Alcohol is **addictive**.

*For Help with drinking check out:* [www.adhl.org](http://www.adhl.org) Alcohol/Drug Helpline

[www.aa.org](http://www.aa.org) Alcoholics Anonymous