



# Did you know?

One to two drinks of alcohol per day may help protect against stroke, but drinking more than this can actually increase your risk of having a stroke.

If you choose to drink alcohol, *limit* yourself to 2 drinks per day, and follow the weekly *limits* of 9 drinks for women and 14 drinks for men.



Low risk drinking... maximize life...minimize risk

For more information call 549-1232 ext. 508 or visit [www.lrdg.net](http://www.lrdg.net)