



Pace Yourself.

Alternate your drinks with water or another non-alcoholic beverage.

Don't forget to eat!



"Don't let your drinking do your thinking." Get more tips @ [drinksmart.ca](https://www.drinksmart.ca)



Count.

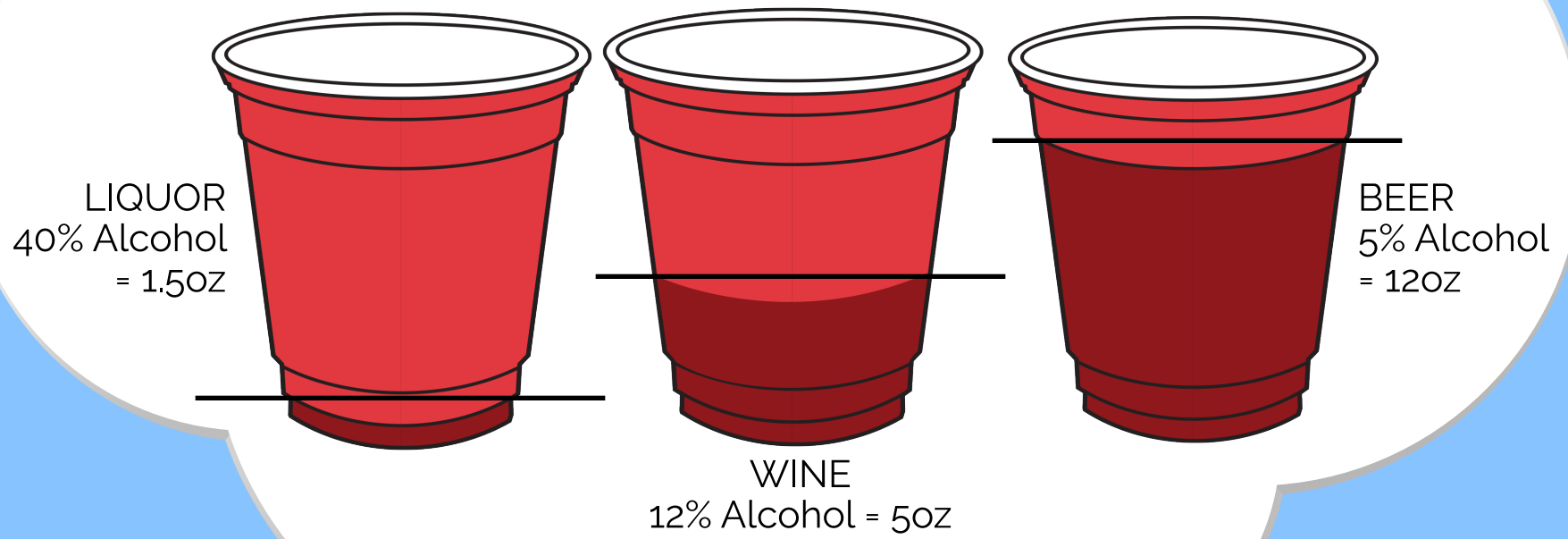
Keep track of how many drinks you have had and avoid top-ups.

Know your limit.



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What is a STANDARD DRINK?



Time.

Not all drinks are equal. Give your body time to process the alcohol.

1 drink per hour.

DRINK
smart®

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