

HOW MUCH IS TOO MUCH?

KNOW YOUR STANDARD DRINKS

EACH OF THESE "STANDARD DRINKS" ALL
CONTAIN THE SAME AMOUNT OF ALCOHOL.

1.5 OZ HARD LIQUOR



5 OZ. WINE



12 OZ. BEER



What You DON'T KNOW About Alcohol CAN Hurt You!

Concerned about your own or a friend's drinking?

Call 3236 or 5605 to talk to a psychologist.