**April Employer Sponsored Activity: Better without Booze**

April is National Alcohol Awareness Month, so you are encouraged to participate in a one-week challenge called Better without Booze. The purpose of the challenge is to go one week without drinking alcohol. Hopefully to bring awareness to the fact that you can feel so much better and healthier without consuming alcohol.

According to the World Health Organization, worldwide there are around 3 million deaths every year as a result from harmful use of alcohol. Additionally, the use of alcohol can be a causal factor for more than 200 disease and injury conditions. It is okay to consume alcohol every once and a while, but in moderation.

To get credit for this employer sponsored activity, eliminate alcohol for one week. Complete the drink tracker and email it to \_\_\_\_\_\_\_ . After completing the first week, we encourage you to continue limiting alcohol. It’s recommended by the Centers for Disease Control and Prevention not to exceed 1 drink per day for women and 2 drinks per day for men.

Alcohol and the Effects on Health:

* Excessive alcohol use can lead to cancer of the breast, liver, colon, throat, mouth, and esophagus
* Can weaken your immune system and increase your risk of getting sick
* Increase chance of getting in a motor vehicle crash
* Learning and memory problems
* Mental health problems including depression and anxiety

Additional Resources:

* [To learn more about alcohol and health effects](https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm)
* [Alcohol facts](https://www.who.int/news-room/fact-sheets/detail/alcohol)
* [Help line](https://www.samhsa.gov/find-help/national-helpline)
* [10 facts about alcohol abuse](https://www.fountainhillsrecovery.com/blog/april-alcohol-awareness-month/)

***Drink Tracker***

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| **Better without Booze** | |
| **Day** | **Check the box to indicate you were alcohol-free.** |
| Monday |  |
| Tuesday |  |
| Wednesday |  |
| Thursday |  |
| Friday |  |
| Saturday |  |
| Sunday |  |