

A P R I L

Buena Salud[®] Club

1-866-783-2645

Alcohol and your Health

Drinking too much alcohol increases the risk of heart disease, high blood pressure, weight gain, stroke, cancer, suicide, and accidents. For some people, alcohol can be addictive. Women should drink no more than one alcoholic drink in one day. Men should drink no more than two alcoholic drinks in one day and older men should drink no more than one alcoholic drink in one day.

Tip of the month.

One alcoholic drink is either 12-ounces of regular beer, 9 ounces of malt liquor, 5 ounces of wine, or 1.5 ounces of hard liquor.



Learn more. As our gift to you, be one of the first 100 callers to the *Buena Salud[®] Club* at 1-866-783-2645 (toll-free) and receive a FREE book on heart disease, diabetes, or depression. You can also get answers to all of your health questions, and we can even help you find a health care provider where you live!

National Alliance for Hispanic Health - www.hispanichealth.org



CALL 1-866-783-2645
TO TAKE ADVANTAGE
OF THIS SPECIAL OFFER
TODAY!

National Alliance for Hispanic Health
1501 16th St. NW
Washington, DC 20036-1401

Do not drink alcohol:

1. If you are pregnant or trying to get pregnant.
2. If you plan on driving.
3. If you take medicines that should not be mixed with alcohol.
4. If you have a medical condition that is made worse by drinking.
5. If a person you don't know hands you a drink.
6. If you are under 21 years of age.
7. If you are a recovering alcoholic.