

# Being Me



# AND Alcohol Free





## 5 REASONS TO BE HAPPY AND ALCOHOL-FREE

1. Alcohol is a drug that poisons your body.
2. Alcohol is addictive - you want more and more.
3. Alcohol hurts your body.
4. Drinking can hurt your liver and makes you sick.
5. Drinking is not cool.
6. Make healthy choices and be Alcohol-Free!

Stay happy! Stay healthy!  
**Be Alcohol-Free!**

