

Out with the guys?
Know your limit. Drink less.



RethinkDrinks.com
An Effort to Prevent Adult Heavy Drinking

This publication is supported by a grant from the Michigan Department of Health and Human Services/Bureau of Community Based Services, Office of Recovery Oriented Systems of Care, through Lakeshore Regional Entity. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of MDHHS/OROSC or LRE.



HEALTH
DEPARTMENT
Caring today for a healthy tomorrow



LAKESHORE
REGIONAL ENTITY

CHANGING THE WAY LIVES ARE CHANGED