

Healthy Monday

Alcohol Awareness

Alcohol is the most widely used drug on college campuses. Overuse of alcohol can lead to poisoning and can be deadly. It is absorbed into your bloodstream affecting all organs in as little as 90seconds. Its affects will vary with the individual and the type of alcohol con-



Educate yourself and others on the effects of alcohol, and make wise decisions about your use of it.

Up Ahead:

- Walk A Mile Monday!
- What are some easy steps to take to incorporate walking into your everyday routine!

What you didn't know about alcohol!

Research has shown that...

- There is NO cell in the body resistant to alcohol.
- Alcohol promotes aging & aggravates acne.

- Heart burn & Dehydration can result from excessive alcohol consumption.
- Increased risk of illness & disrupted sleep patterns.
- 2-3% of college stu-

dents will die from alcohol related causes.

- 30% of college failure is due to alcohol.
- Average college student spends \$150-\$300 a year on alcohol.