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Canadian
Primary Care
Information
Network

RCIP
Réseau canadien
d'information pour
les cliniques de
première ligne

Drink less, live better

Did you know that even a small amount of alcohol can harm your health? Recent research shows that the risk of diseases such as cancer, heart disease, liver disease, and memory problems increases when you drink more than 2 drinks per week. Contrary to popular belief, there is no "safe" level of alcohol consumption. The less you drink, the better your health.

Reducing your alcohol consumption also means:

- Sleeping better,
- Having more energy,
- Avoiding mood swings,
- Saving money,
- And better weight control.

It's never too late to make choices that help you feel better every day. You can start by setting small goals, such as avoiding drinking during the week or replacing alcohol with other beverages when you're with friends.



For more
information, check
out the new
[Canadian guidelines](#)