



Renfrew County and
District Health Unit



FOR IMMEDIATE RELEASE

Pembroke, Ontario, December 13, 2017 – **Bring Moderation to Your Recreation**

The holiday season is upon us; there will be parties and family gatherings, meals, appetizers, desserts and drinks! Renfrew County and District Health Unit is encouraging everyone to remember their alcohol limits this holiday season.

Canada's Low-Risk Alcohol Drinking Guidelines are designed to help Canadians aged 25-65 years make informed choices about their alcohol consumption, and to help create a culture of moderation. The Guidelines recommend:

- No more than 10 drinks a week for women, with no more than 2 drinks a day most days
- No more than 15 drinks a week for men, with no more than 3 drinks a day most days
- Planning non-drinking days every week to avoid developing a habit.

The Health Unit urges those struggling with addiction or concerned family members of someone with a substance abuse problem to contact Addictions Treatment Service (ATS) for support at 613-432-9855. ATS services are available throughout Renfrew County and District.

For more information about Canada's Low-Risk Alcohol Drinking Guidelines, please review this brochure on the [Canadian Centre on Substance Use and Addiction](#) website.

For more information, please visit www.rcdhu.com or call the Renfrew County and District Health Unit Health Info Line at 1-800-267-1097 Ext. 666 to speak with a nurse.

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