

Are you worried ...

# about how much you are drinking

Could you go a whole weekend without it?  
Take the challenge and find out!

## ALCOHOL-FREE WEEKEND:

Friday, \_\_\_\_\_  
through  
Sunday, \_\_\_\_\_

FOR MORE INFORMATION ON CAMPUS CONTACT:

**Prevention**  
**focus** inc. 69 Linwood Avenue  
Buffalo, New York 14209  
716-884-3256 www.pfocus.org

**1-877-8-HOPENY**  
Find Help for 1-877-846-7369  
Alcoholism, Drug Abuse, Problem Gambling

**Underage Drinking:**  
It's EVERYBODY'S Problem!

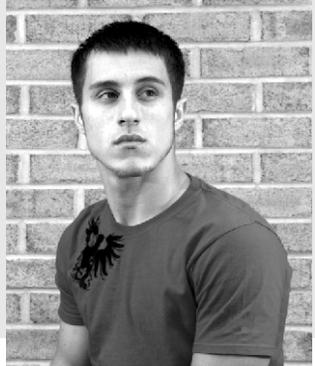
ERIE COUNTY  
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If you have been drinking a lot, suffering negative consequences from your drinking, or you are beginning to worry about your drinking habits, then

join others on campus for Alcohol-Free Weekend. Simply pledge to not drink from Friday through Sunday and keep that pledge. This experiment is not foolproof but it could give you peace of mind or let you know if you should talk to someone.

So, if you are worried about your drinking... if it's on your mind... why not take the challenge and find out?



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