

FACTS ABOUT ALCOHOL

There are many mixed messages out there about alcohol. On the one hand, moderate amounts have been linked to health benefits. On the other, it is addictive and highly toxic.

Find out about the affects of alcohol by reading our full article or downloading our fact sheet on the topic.

In it you will learn about:

- What is it?
- Dangers and Addition
- What type is best?

Read the
article



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fact sheet

