

TO BRING YOUR

YOUR BEST PERFORMANCE REQUIRES FOCUS. ALCOHOL BLOCKS THE CHEMICAL IN YOUR BRAIN THAT HELPS YOU CONCENTRATE.

SOURCE: HTTP://BIT.LY/3IXR8M



MOMENTS

YOU HAVE MORE **POWER** OVER YOUR EMOTIONS AND **CHOICES** WITHOUT ALCOHOL. KEEP YOUR COOL BY NOT DRINKING.

SOURCE: HTTP://BIT.LY/3Y4VFX0