

MOMENTS TO BRING YOUR A-GAME

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

SOURCE: [HTTP://BIT.LY/3IXR8MJ](http://bit.ly/3ixr8mj)



**NOT MISSING
THE MOMENT**

FUNDED IN WHOLE OR IN PART BY THE ILLINOIS DEPARTMENT OF HUMAN SERVICES, DIVISION OF SUBSTANCE USE PREVENTION AND RECOVERY THROUGH A GRANT FROM THE SUBSTANCE ABUSE AND MENTAL HEALTH SERVICE ADMINISTRATION.



MOMENTS TO MAKE HEALTHY CHOICES

ALCOHOL HARMS YOUR DEVELOPING
BRAIN AND **BODY**. SUPPORT YOUR
BEST SELF BY NOT DRINKING.

SOURCE: [HTTP://BIT.LY/3IXR8MJ](http://bit.ly/3IXR8MJ)

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MOMENTS TO SEE YOUR POTENTIAL

REACHING YOUR **GOALS** IS IN SIGHT. HOWEVER,
DRINKING CAN IMPAIR **JUDGEMENT**, LEADING
TO POOR **DECISIONS** OR HARMFUL RISKS.

SOURCE: [HTTP://BIT.LY/3ZPAFFA](http://bit.ly/3zpaaffa)

MOMENTS TO BE TRUE TO YOURSELF

ALCOHOL CHANGES HOW YOU NORMALLY ACT AND FEEL. THE **REAL** YOU IS COOL AND **CAPABLE**.

SOURCE: [HTTPS://BIT.LY/3LHBQ00](https://bit.ly/3LHBQ00)



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