

MINDFUL DRINKING



Savor The Moment!
RESPECT YOUR LIMITS

- 1 PLAN AHEAD! SET A DRINK LIMIT & PACE YOURSELF
- 2 STAY HYDRATED! DRINK WATER BETWEEN DRINKS
- 3 SAVOR EACH SIP! FOCUS ON FLAVOR & DRINK SLOWLY
- 4 TRY NON-ALCOHOLIC OPTIONS! SCAN BELOW FOR RECIPES



**Montgomery
County
Prevention
Coalition**

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MINDFUL MOCKTAILS



Enjoy The Moment!

NO ALCOHOL REQUIRED. SCAN BELOW
FOR RECIPES PROVIDED BY THE MONTGOMERY
COUNTY PREVENTION COALITION



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