

# LESS IS BEST

*Drinking less  
alcohol reduces  
your risk of harm.*

**PrinceEdwardIsland.ca/ChooseWell**

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New Canadian "Guidance on Alcohol and Health" recommends that drinking less is better for your health. The more alcohol you drink per week, the greater your risk of developing certain cancers, heart disease, stroke and other alcohol-related harms. Any reduction in alcohol use has benefits.



**LIVE WELL PEI**  
*together we can*

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