



Switch it up.

Alternate between alcoholic and non-alcoholic drinks.



FOR EVERY

1

ALCOHOLIC

DRINK



DRINK

1

**GLASS OF
WATER**

**OR NON-ALCOHOLIC
DRINK**

Learn more at [KnowMyLimits.ca](https://www.knowmylimits.ca)

LGCA
LIQUOR, GAMING & CANNABIS
AUTHORITY OF MANITOBA