



# Why Reduce Alcohol?



Canadian  
Cancer  
Society

Healthy  
Workplaces

Powered  
by



# Benefits of Reducing Alcohol



Canadian  
Cancer  
Society

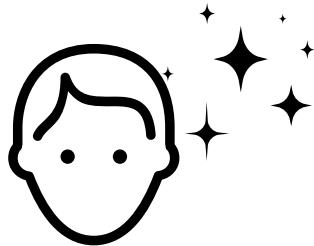
Healthy  
Workplaces

Powered  
by  
iA  
Financial Group

Lower your cancer  
risk



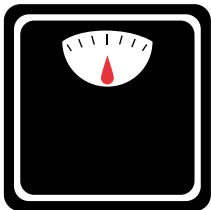
Healthier skin



Stabilize your mood



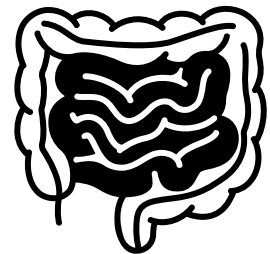
Achieve a healthier  
weight



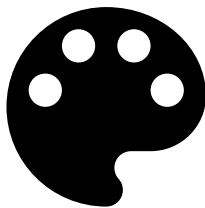
Improve concentration



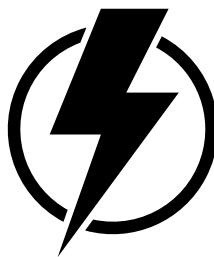
Improve digestion



Discover new  
hobbies



Increase energy levels



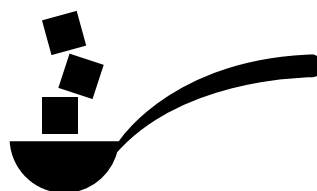
Better sleep



Better long-term health



Reduce your sugar  
intake



Save money

