



More than 3 drinks a day
or 7 drinks a week can
put your health at risk.

VA can help.

For more information, visit
www.womenshealth.va.gov.

Or

If you would like to talk to
someone who can help, contact

WOMEN VETERANS HEALTH CARE



VA
HEALTH
CARE

Defining
EXCELLENCE
in the 21st Century

Learn more at www.womenshealth.va.gov

