



One weekend. No alcohol. Can you do it?

April is Alcohol Awareness Month. This event was founded and sponsored by the National Council on Alcoholism and Drug Dependence (NCADD) in 1987, as a national grassroots effort observed by communities throughout the U.S. to support the prevention, research, education, intervention, treatment and recovery from alcoholism and alcohol-related problems.

Why Should I Take the Alcohol-Free Weekend Challenge?

For many social drinkers, abstaining from alcohol might seem unnecessary. If you're not addicted to alcohol, why is it so important for you to go without it for a weekend?

While you may not struggle with an alcohol addiction, this is your chance to show your support for those who have been, or are still caught in, the grip of addiction. Do you want to help those whose lives are being ravaged by the monster of addiction? Do you support the alcoholic's journey to a better life in recovery? This is your chance to show it!

Taking the Alcohol-Free Weekend Challenge

This 72-hour experiment gives you a chance to find out just how important alcohol is to you. Finding it difficult or experiencing discomfort during the alcohol-free weekend may be early signs of dependence and may even require professional detoxification. We encourage any individual to contact a support group (www.kc-aa.org) or treatment center to learn more about alcoholism and its early symptoms.

I (first name only), _____,
promise to abstain from using alcohol the weekend of March 31 – April 2, 2017.

Email/ or Phone: _____

(Used only to notify you if you've won one of the prizes. Drawing will be held at the end of the day.)