

**FOR IMMEDIATE RELEASE
FOR MORE INFORMATION, PLEASE CONTACT:**

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**Party Smarter:
Plan - Prepare - Pace**

Are you getting the most out of your nights out? Sometimes drinking too much can get in the way of having fun. Everybody knows not to drink and drive – but there is more you might want to know to help you Party Smarter. Don't miss the night and the fun – take some simple steps to “party smarter” whether you're out at bars, clubs, restaurants, or at a friends' home or in your home.

Plan - Where are you going? Who are you going with? How are you getting home?

Prepare - Eat, drink water, and make sure you take just enough money to have a good time. Leave the credit cards at home!

Pace – Limit how much you drink in a night.

Why Should You Care?

Well, in addition to having to suffer through a hangover, having no money, cleaning up vomit, repairing friendships or much worse – sometimes the amount you drink can be a signal that you may have a problem with alcohol.

Does Size Matter?

When it comes to alcoholic drinks, the size and amount of alcohol varies widely. And if you've decided that you are only going to drink a certain number of drinks in an evening, you should know what “one drink” means. One beer can is generally 5% alcohol – so one “drink” would be one 12 ounce beer. One shot of liquor – 1.5 oz – is equal to one drink. One mixed drink, assuming it has just one shot of liquor, is also 1.5 oz of alcohol and is equal to one drink.

Where can I find more information?

The following websites are great resources to learn more about the dangers overindulging, whether you or someone you know has a problem, and ways to achieve a healthier lifestyle.

<http://rethinkingdrinking.niaaa.nih.gov/default.asp>

<http://www.alcoholscreening.org/>

<http://getfit.samhsa.gov/>

<http://www.maine.gov/dhhs/osa/>

The Piscataquis Public Health Council, located on the Mayo Regional Hospital campus at 883 West Main Street in Dover-Foxcroft also has resources on hand. Please contact Shannon Bishop, Community Partnership Specialist for more information at 564-4184.