The month of April has long been dedicated to the celebration of Alcohol Awareness Month. The Health & Wellness Hub invites you to partake in all of the exciting events that it has to offer on campus this month—from Golf Cart Cash Cab and Sex Ed Bootcamp, to an impaired driving simulator and mocktail bar. We hope you’ll take the time to stop by and see us at our events!

**WHAT’S HAPPENING...**

**APRIL 7-10**
Golf Cart Cash Cab—be sure to flag down the Cash Cab if you see it! We’ll give you a ride to wherever you’re headed on campus!

**APRIL 20-24**
Impaired Driving Simulator—stop by the Memorial Union to try out the impaired driving simulator!

**APRIL 27-MAY 1**
Mocktails—join the AOD peer educators in learning about low-risk drinking through delicious mocktail beverages!

**Do You Know 0-1-2-3?**
0-1-2-3 is UND’s guide to low-risk drinking. Want to skip that morning-after hangover and reduce the negative consequences associated with drinking? Research suggests that students that do not binge drink tend to perform better academically. It’s as easy as 0-1-2-3!

0 **WHEN TO NOT DRINK**
Know the times when you should not drink.

1 **DRINK PER HOUR**
Limit yourself to no more than one drink per hour.

2 **TIMES PER WEEK**
Limit drinking to no more than two times per week.

3 **DRINKS PER NIGHT**
Keep it to no more than three drinks per night.

---

**North Dakota Medical Amnesty Law**
If you contact law enforcement or emergency services for yourself or someone else who is underage because there is a need for medical assistance due to alcohol consumption, and you wait for and cooperate with emergency responders, up to five people are immune from criminal prosecution in North Dakota.

**Note:** Students involved are NOT exempt from disciplinary action under the Code of Student Life. All efforts made by students to positively impact the health and safety of others will be taken into consideration and may lessen possible disciplinary outcomes.

**Know your C.A.N.S.**
Signs of alcohol overdose

- **C**—cold, clammy, or bluish skin
- **A**—asleep or passed out
- **N**—non-responsive
- **S**—slow or irregular breathing

---

**Facebook.com/peer.educatorUND**
@undpeereducator
@undpeereducator