



APRIL 2025

Alcohol Awareness Month

Alcohol consumption is deeply woven into social and cultural norms, often seen as a way to unwind or celebrate. However, excessive drinking can lead to serious health issues. It may even lead to alcohol use disorder or addiction, which affects nearly 29 million Americans, according to the National Institute on Alcohol Abuse and Alcoholism.

April is Alcohol Awareness Month, highlighting the importance of responsible drinking habits. The general rule is for men have no more than two alcoholic drinks each day and for women to have one or fewer. Cutting back on alcohol, even moderately, can positively impact your health and wellness.

Contact us for more information about alcohol and its effects.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div>Alcohol Awareness Month Irritable Bowel Syndrome Awareness Month National Autism Acceptance Month National Child Abuse Prevention Month</div><div>National Distracted Driving Awareness Month National Donate Life Month National Minority Health Month National Stress Awareness Month</div><div>Occupational Therapy Month Oral Cancer Awareness Month Sexual Assault Awareness and Prevention Month Testicular Cancer Awareness Month</div></div>						
		1 April Fools' Day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18 Good Friday	19
20 Easter	21	22 Earth Day	23	24	25	26
27	28	29	30			

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