

September is International  
Fetal Alcohol Spectrum  
Disorders Awareness Month

# Think B4U Drink

THERE IS NO KNOWN SAFE  
AMOUNT OF ALCOHOL TO DRINK  
DURING PREGNANCY

## Why Risk It?

FREE NON-ALCOHOLIC BEVERAGE FOR EVERY  
PREGNANT WOMAN AT PARTICIPATING RESTAURANTS

To learn more about FASDs and the effects of  
alcohol consumption during pregnancy, please visit:  
<http://fasd.alaska.gov>

Contact the Alaska FASD Partnership at:  
[akfasdpartnership@alaska.gov](mailto:akfasdpartnership@alaska.gov)

Sponsored by the Alaska FASD Partnership, in collaboration  
with Alaska CHARR (Cabaret, Hotel, Restaurant, and Retailer's  
Association), Alaska Mental Health Trust Authority, and  
many volunteers.

