



**I say “No thanks!”
to alcohol, tobacco
and other drugs.**

**I want my baby to
be born as healthy
as possible.**

Drinking alcohol during pregnancy can cause learning disabilities, attention deficits, behavior disorders, birth defects, SIDS, and even death. There is no safe level of alcohol consumption during pregnancy.

FASD Awareness Day September 9th

For information on Fetal Alcohol Syndrome (FAS)
and Fetal Alcohol Spectrum Disorders (FASD)
visit this Internet web site:
www.fasday.com

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