

A Pregnant Woman Never Drinks Alone



**If you're
pregnant,
don't drink.**

**If you drink,
don't get
pregnant.**

Fetal Alcohol Spectrum Disorder

is the leading known cause of mental retardation
and is 100 percent preventable.

Learn more about FASD.



**National Council
on Alcoholism
and Drug Dependence**
Rochester Area

(585) 719-3480 • www.ncadd-ra.org