

 NMDOTA close-up photograph of a woman's face. She is wearing a colorful, multi-colored knitted hat with stripes of red, black, yellow, and blue. Her eyes are looking directly at the camera. A large, shiny, pink bubble gum bubble is blowing from her mouth, partially obscuring her lower face. The background is dark and textured.

zero proof

Your life is your canvas with all its layers making you uniquely you. Embrace it. Celebrate it. Decorate it. There are many ways to express yourself and engage in life without alcohol. What do you love to do? What makes you you? If offered alcohol, it's important to stand up for yourself and say no. Making good choices and staying positive builds a good canvas. Choosing not to drink can preserve your dignity and protect who you are. Is drinking compatible with your goals? Stay sharp. Go your own way. And use your power to choose.

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