A PLAN FOR THE LONG WEEKEND

Thanksgiving, Your Way

A simple plan for your next chapter

HOPE ADDICTION MEDICINE

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Chapter One

Know your why

NIAAA suggests starting with the reasons you drink. Fun, stress and sleep each need their own answer.

Chapter Two

Map each day

Pick the hour you arrive and the hour you leave. Line up your own ride so you can go when you want.

Chapter Three

Pour something better

Water, juice and sparkling soda are on NIAAA's list for hosts. Bring a drink you actually like.

Chapter Four

Have your answer ready

A polite, firm no, thanks is enough. You do not owe anyone a reason.

Chapter Five

Call before you stop

If you drink heavily every day, talk with a medical provider before you stop. Withdrawal can cause seizures.

Epilogue

The plan is yours to keep.

Some days will go to plan and some will not. Each one teaches you what to change for the next gathering.

Ready to write your next chapter?

Ask our West Ashley team about cutting back or stopping.

BOOK A VISIT

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