



Have a Safe and Healthy St. Patrick's Day

St. Patrick's Day is widely celebrated every year on March 17th. Unfortunately, some party-goers take the holiday too far. According to Martha M. Meade of AAA, "With St. Patrick's Day falling on a Monday this year, some people will be celebrating from Friday night to Monday night, and that adds to the risk factor that all motorists and pedestrians will face on area roads this weekend."

With a bit of planning, you won't need the luck of the Irish to have a happy and healthy St. Patrick's Day. Keep the following tips in mind this St. Patrick's Day weekend:

- **Watch your alcohol intake.** Binge drinking can harm the liver and brain, and lead to alcohol poisoning. Drink only in moderation and be sure to designate a non-drinking driver before heading out to a party.
- **Throw a responsible party.** If you are throwing a party, keep the health and safety of your guests in mind.
 - Always serve plenty of food and non-alcoholic beverages.
 - Make sure no one leaves impaired.
 - Designate drivers before the party begins.
 - Stop serving alcohol at least an hour before your guests start to leave for home.
 - Call a friend, family member, or a cab to avoid guests drinking and driving.



For more information regarding the TeamHealth Wellness Program, go to the Wellness Website (teamhealth.com/wellness).

Contact wellness@teamhealth.com with any questions you may have.