



**Alcohol & Your Health: Where Do You Draw the Line**

*One local agency is on a mission to teach the public where to draw the line this April —Alcohol Awareness Month.*

Fort Worth, TX (PRWEB) March 25, 2005 -- Tarrant Council on Alcoholism & Drug Abuse is on a mission to teach the public where to draw the line this April —Alcohol Awareness Month. Since figuring out the risks associated with alcohol use is not always easy, the agency will sponsor two Alcohol Awareness Month activities to help the community assess their risks.

Tarrant Council, whose mission is to reduce drug and alcohol abuse in the community, will partner with the Fort Worth Public Health Department to host a free brown bag seminar on Tuesday, April 5 at 11:30 a.m. The brown bag seminar, titled Alcohol & Your Health: Where Do You Draw the Line?, will be held at the Fort Worth Public Health Center, located at 1800 University Drive, in Room 116. The brown bag seminar will encourage participants to take a closer look at drinking and its effect on an individual's health. Seating is limited. To reserve a seat, contact Kelly Heath at (817) 332-6329, ext. 219.

Tarrant Council will also offer free, anonymous alcohol screenings throughout the community as part of National Alcohol Screening Day. The community is invited to visit an alcohol screening site on April 7 to pick up educational materials, participate in a free and confidential alcohol screening and meet one-on-one with one of our case managers to discuss any concerns. For a list of local screening sites, visit [www.tarrantcouncil.org](http://www.tarrantcouncil.org).

"Alcohol consumption is a common and generally accepted practice in American culture. However, chronic or occasional misuse presents a serious burden to drinkers and nondrinkers alike," says Eric Niedermayer, Tarrant Council executive director. "How a person drinks alcohol has a tremendous impact on their physical health. Through education, awareness and understanding, individuals can make informed decisions about their drinking behaviors."

For additional information on Alcohol Awareness Month, contact Tarrant Council at (817) 332-6329 or visit [www.tarrantcouncil.org](http://www.tarrantcouncil.org).

**About Tarrant Council**

Tarrant Council on Alcoholism & Drug Abuse is a private non-profit organization with a 48-year history of providing an essential link between the public and substance abuse services. Tarrant Council serves over 100,000 adults and youth in Tarrant County annually with the mission of reducing drug and alcohol abuse in our community. It is the front door for substance abuse and treatment and provides prevention programs in 169 schools in Tarrant County.

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