

September 2018

Red Rock RPC Newsletter

No amount of alcohol is good for your overall health, global study says

*By Sandee LaMotte, CNN
Fri August 24, 2018*

According to the study:

- Alcohol was responsible for nearly 3 million deaths globally in 2016, study says
- Any benefits are offset by higher risks of cancer, other disease, researchers say
- "Claiming there is no 'safe' level does not seem an argument for avoidance," one expert says.
- Excessive drinking, including binge drinking, can cause more than 200 kinds of diseases and injuries.

What is 10g of pure alcohol?



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Happy 10th Anniversary, Ashley!

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Happy 10 Year Red Rock Anniversary to our Director of Prevention Programs, Ashley Cline! Thank you for all your hard work and dedication to our prevention programs! We love working with you!



Yukon RPC staff From left to right: Julia , Jenna, and Ashley

Did you know?

What are community coalitions?
Community coalitions are made up of community partners and local advocates, who are working at the local level to make a difference in their communities.

Red Rock Regional Prevention Coordinator-Region 13 is funded by the Oklahoma Department of Mental Health and Substance Abuse

Upcoming dates and Coalition Meetings

September 2 Ashley Cline's 10 year Red Rock

September 3 Labor Day-Red Rock offices closed

September 11 Canadian County Coalition Meeting at Youth and Family Services in El Reno @ noon

September 19 Grady County Coalition Meeting at Canadian Valley Vo-Tech in Chickasha @ noon

September 23 First day of Autumn

September 25 Community Data Workgroup and REOW Meeting at Canadian Valley Vo-Tech in Chickasha

