

NMDOT



# BE YOURSELFIE

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. You have the power to choose. 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.

**ZERO**PROOF

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