

**Leeds, Grenville and Lanark
District Health Unit
MEDIA RELEASE**

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When it comes to Alcohol...Sex Matters; Rethink Your Drinking.

Rethink Your Drinking is a campaign to increase awareness of Canada's Low-Risk Alcohol Drinking Guidelines.

To promote campaign messages, the Leeds, Grenville and Lanark District Health Unit will be tweeting alcohol and sex related messages throughout the month of February through their Sexual Health Twitter account [@AreYouSafeLGL](https://twitter.com/AreYouSafeLGL).

By following the Twitter page and retweeting the messages, contestants will be eligible to win one of two iPad Air tablets.

"Sharing information with youth on Twitter can help strengthen their knowledge with regard to sexual health and help them to make informed choices that will benefit them both in the short term and long term," says Jordan Schaillee, Public Health Nurse with the Leeds, Grenville and Lanark District Health Unit.

Follow along [@AreYouSafeLGL](https://twitter.com/AreYouSafeLGL)

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Contact:

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