

**Friends
help
friends
choose a
healthy
lifestyle.
Please don't
drink
alcohol
during
pregnancy.**



For information on Fetal Alcohol Syndrome
talk to your health care provider or contact:



BC Aboriginal Network
on Disability Society

1-888-815-5511
www.bcands.bc.ca

Project funded by
Health Canada

Matthew Jacob Photo

**Healthy pregnancy.
Healthy baby. Healthy Nation.**