



# April Newsletter

Changing Lives, One Day, One Goal,  
One Person at a Time



## What is Alcohol Awareness Month?

Each April, the National Council for Alcoholism and Drug Dependence (NCADD) promotes Alcohol Awareness Month, a national public health awareness campaign designed to increase awareness and understanding of the causes and treatment of alcoholism. According to the 2019 National Survey on Drug Use and Health (NSDUH), 25 percent of people ages 18 or older engaged in binge drinking in the past month; six percent engaged in heavy alcohol use in the past month. Alcohol is the third leading cause of preventable death in the United States – close to 95,000 Americans die from alcohol-related causes each year.

## Important Facts about Alcohol Abuse

1. Alcohol is the most commonly used addictive substance in the United States.
2. In 2020, according to a Kaiser Family Foundation study, there was a 30% to 50% national increase in hospitalizations due to alcohol-associated liver disease, most of which is cirrhosis, meaning end-stage liver scarring.
3. Excessive alcohol use is responsible for 2.5 million years of potential life lost annually, or an average of about 30 years of potential life lost for each death.
4. More than half of all adults have a family history of alcoholism or problem drinking, and more than 7 million children live in a household where at least one parent is dependent on or has abused alcohol.
5. The Rand Research Corporation found that Americans drank 14 percent more in 2020 – the rate for women rose by 41 percent.
6. More people now die from alcohol and drug overdoses each year than are killed in automobile accidents, a stunning revelation.



# WOMEN OF COLORS FIRST WOMEN'S WELLNESS EXPO IS COMING SOON!!!

SAVE THE DATE ▶ MAY 18, 2024

## WOMEN'S WELLNESS EXPO

MIND • BODY • SOUL

Delta College Downtown Saginaw Center



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Plus...

Community Resources,  
Health Workshops,  
Wellness Activities & More!



KEYNOTE SPEAKER  
Wellness Coach  
Elizabeth Ann Atkins

# SAVE THE DATE NOW

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KEYNOTE SPEAKER  
Wellness Coach  
Elizabeth Ann Atkins



# SAVE THE

# DATE

4. 26. 2024

## HOW I OVERCAME FORUM DISCUSSION

Join Women of Colors and our panelists for a discussion on navigating mental health as a Veteran.

FRIDAY, APRIL 26TH. 7 PM. FACEBOOK LIVE

# Member Spotlight

As we step into April, let's remember that it's Alcohol Awareness Month, a time to promote healthy choices and awareness around alcohol consumption. We wish everyone a safe and enjoyable Spring, filled with moments of renewal and connection. Let's take this opportunity to support each other in making responsible decisions and creating positive experiences together. Here's to a season of growth, wellness, and happiness for all!



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Is your loved one leading a destructive life? That doesn't mean your life has to be destroyed as well.

Stronger Together is here to help you cope. Join us at WOC for an addiction support group for family and friends of people struggling with addiction.

1st and 3rd Tuesday of every month. 6:30 - 8 PM  
1000 Tuscola St Saginaw, MI 48607

## President's Corner

It's amazing how quickly spring has arrived, and we should make the most of each day while enjoying the beauty around us. With so much happening in the world, times can be difficult. Try to appreciate each day and spread positivity by sharing a simple smile or a kind word with someone. We never know who may need it most, as many people hide their struggles behind a mask of normalcy. I hope you have a wonderful day and a better summer.



Evelyn McGovern  
Cofounder/President