



# MINIMIZE RISK MAXIMIZE LIFE

A low-risk drinking course for adults

Envision Partnerships is hosting a **Minimize Risk ~ Maximize Life facilitator training** and invite you to apply!

Minimize Risk ~ Maximize Life (MRML) is an evidence-based program authored by Envision Partnerships for adults of all ages to learn about the low-risk drinking guidelines, to help improve personal wellness, and to effectively share these lessons with others.

Trained facilitators use a workbook, PowerPoint presentation and guided discussion to help adults learn how to minimize their risk for alcohol problems while maximizing the quality of their lives.

Two upcoming training dates available: **April 7 or June 23**

Location: Prevention Action Alliance, Columbus, Ohio from 9 AM – 4 PM.

Facilitators will be provided with 6.25 hours of Prevention CEUs, all course materials, access to the facilitator's login on the [www.LowRiskDrinking.com](http://www.LowRiskDrinking.com) site, and ongoing technical assistance.

**Complete the application by March 31, 2025.**

Make sure to hold the dates that you say you are available until email confirmation of acceptance.

**PHONE:** (513) 868-2100

**Register using this QR code:**

**EMAIL:** [Contact@LowRiskDrinking.com](mailto:Contact@LowRiskDrinking.com)



**WEBSITE:** [www.LowRiskDrinking.com](http://www.LowRiskDrinking.com)

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