



# Marquette University

# SIX-Pack

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A Six-week Effort to Promote Healthy  
Decision-Making Surrounding Alcohol

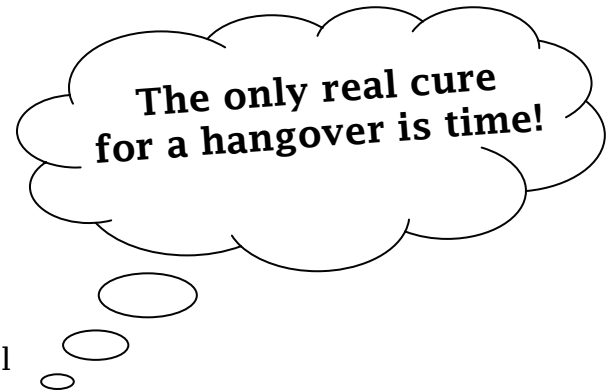
## Will you have a hangover tomorrow?

A hangover is caused by:

- Dehydration
- The body's reaction to toxic chemicals (alcohol)
- The body's reaction to withdrawal from alcohol

**Myths** about what cures a hangover:

- Drinking coffee
- Taking a cold bath/shower
- Walking it off
- Taking medication
- Eating bread to soak up the alcohol



**The best thing to do the day after drinking is down lots of water and try to rest  
But to prevent a hangover, avoid alcohol use or keep your B.A.C. under .04**

SIX PACK Resources:

- Public Safety Emergency (on-campus):  
288-1911
- Off-campus: 911
- Counseling Center: 414-288-7172
- Office of Student Affairs: 414-288-7206
- Center for Health Education and Promotion: 414-288-5217

SIX PACK is a  
coordinated effort by  
the Office of Student Affairs,  
Center for Health Education  
and Promotion,  
and Counseling Center