

# Play Smart. Gamble Responsibly.

Preventing problem gambling is about keeping balance in your life.  
Think about how you spend your time and money.

For more information visit [www.albertahealthservices.ca/aadac](http://www.albertahealthservices.ca/aadac)  
or call the *Alberta Health Services Addiction Help Line*  
at 1-866-332-2322.



**Alberta Health  
Services**



**AGLC**  
Alberta Gaming and  
Liquor Commission

*Provider of Responsible Gambling Information Centres*



[setalimitalberta.ca](http://setalimitalberta.ca)