

# Know Your AQ<sup>Alcohol Quotient</sup>

**Know Your AQ™ training program provides participants with real-life skills to manage alcohol consumption in realistic settings.**

A health and wellness program for employees and individuals, Know Your AQ teaches moderation through a science known as BAC (blood alcohol concentration) Discrimination Training.

## **Here's how it works:**

Through a combination of repeated breath testing, cognitive testing and psychomotor testing over a 4 hour period, individuals learn to correlate their personal physical symptoms with specific levels of blood alcohol concentration.

Key learnings significantly improve each participant's ability to make wise decisions about alcohol. It is a low risk, yet highly effective alcohol awareness program that challenges perceptions about alcohol while introducing participants to the obvious and not-so-obvious signs of impairment.

*"Participation in Know Your AQ exceeded our expectations and our employees really appreciated the demonstration of our concern for their well being.*

*In fact, a number of our employees have spoken openly and very positively about the program.*

*Know Your AQ makes ready supporters of its participants with the knowledge and professionalism you impart."*

**Megan Hall  
Manager, Human Resources  
MKS Inc.**

## **KYAQ enables individuals to:**

- fully appreciate the negative and positive health effects of alcohol consumption
- adopt healthy consumption practices
- improve their decision-making abilities by providing a frame of reference for BAC levels
- identify personal trigger for drinking

## **KYAQ enables socially responsible organizations to:**

- enhance their Employee Assistance Program offerings
- encourage healthy consumption practices
- foster a culture of personal growth
- lower cost of medical claims
- improve workplace productivity

**Classes are limited. Register for Know Your AQ at Conestoga College today!**

**Visit [www.knowyouraq.ca](http://www.knowyouraq.ca).**



**Learn your limits. Know Your AQ.**

**KNOW  
Y·O·U·R** **AQ**  
[www.KnowYourAQ.ca](http://www.KnowYourAQ.ca)