



## *FASD Awareness Day 2004 Minute of Reflection*

**On the 9<sup>th</sup> minute  
of the 9<sup>th</sup> hour  
of the 9<sup>th</sup> day  
of the 9<sup>th</sup> month**

we ask the world to remember that during the 9 months of pregnancy, alcohol can be dangerous to the baby,

we ask the world to remember the millions of people worldwide who will struggle lifelong with intellectual disabilities caused by prenatal alcohol,

we ask to world to remember that by working together we can prevent Fetal Alcohol Spectrum Disorders (FASD).

FASDAY: [www.fasday.com](http://www.fasday.com)  
FASWORLD: [www.fasworld.com](http://www.fasworld.com)

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*By raising awareness one moment at a time, we can minimize the  
damaging effects of drinking during pregnancy*