## PAUSE BEFORE YOU PLAY

<u>Sports are fast. Betting shouldn't be.</u>

## **II** RECOGNIZE THE RISKS **II** KNOW WHEN TO STOP **I** SET LIMITS

Online betting takes just seconds. But betting too quickly could put you at risk. Learn why you should pause before you bet at PauseBeforeYouPlay.org.

## **GAMBLING PROBLEM? 1-800-589-9966**



