



PAUSE BEFORE YOU PLAY

SPORTS ARE FAST. BETTING SHOULDN'T BE.

-  SET LIMITS
-  RECOGNIZE THE RISKS
-  KNOW WHEN TO STOP

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

PauseBeforeYouPlay.org

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gambling