

Understanding Your Wagers

People who gamble may bet on horseracing, go to casinos, buy lottery tickets, try their luck at bingo, or bet on sports and other events.

While most gambling doesn't hurt anyone, sometimes it does. Consequences can include losing money, adding to debt and ruining relationships with friends and family.

Know When to Take the Reins suggests some ways to avoid losing control.



Know How to Take the Reins

For many people betting on horseracing is exciting and entertaining. They make careful decisions about spending time and money and *Know When to Take the Reins*.

The following are some ways people can keep their betting safe:

- only gamble with money set aside for entertainment, never with money for everyday expenses
- decide on a loss limit ahead of time and stick to it
- never borrow money to gamble
- set a time limit
- take breaks
- balance gambling with other activities
- don't gamble when highly stressed, troubled, or depressed

Are You at Risk?

These are some signs of problem gambling:

- "chasing losses" and making larger bets
- borrowing money to gamble
- increasing debt because of gambling
- engaging in fraud or theft to finance gambling
- lying to cover up gambling
- neglecting work, family or friends
- gambling to escape from obligations
- increased frequency of gambling
- preoccupation with gambling



How to Get Help

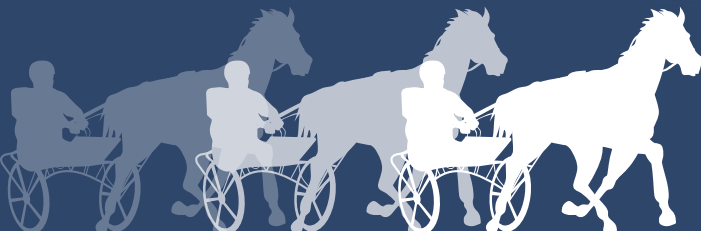
If you are concerned about your own gambling, or if you are worried about someone you care about, you can get help by calling

ONTARIO PROBLEM GAMBLING HELPLINE

at

1-888-230-3505

Confidential, anonymous, free and open 24 hours



Woodbine Entertainment Group (WEG) is committed to being a leader within the horse racing industry and in the communities in which we live and work. Horse racing provides a recreational product for the enjoyment of our customers. As a socially responsible organization, WEG supports responsible gambling.

The **Responsible Gambling Council (RGC)** is an independent, non-profit organization committed to problem gambling prevention. RGC designs and delivers highly effective awareness programs. RGC promotes the identification and adoption of best practices in problem gambling prevention through research and information dissemination.

For more information contact:

Responsible Gambling Council
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Website: www.responsiblegambling.org
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Fax: (416) 499-8260

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www.responsiblegambling.org



RESPONSIBLE GAMBLING COUNCIL



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