

Alcohol Awareness Week 2014

Starts 17th November 2014

It's easy to take part
What you can do



Help protect children from alcohol
Join the Drink Wise campaign
www.LookAgainAtAlcohol.org.uk



Give your liver a break by staying off
alcohol for 2-3 days each week
www.loveyourliver.org.uk

Sign up to Dry January 2015
www.dryjanuary.org.uk



DRY JANUARY

**CAN YOU STAY OFF THE
BOOZE FOR 31 DAYS?**

More help in Manchester if you need it
Text DRINK to 81025 for a free Drink Smart pack
www.manchestercat.org or phone 0161 234 5055

