

DRY JANUARY

Reset your relationship with alcohol. It only takes three weeks to break a habit, so this could be your route to a happier and healthier lifestyle.

We're here to help you complete DRY JANUARY and feel healthier and happier!

DRY JANUARY benefits include:

Improved sleep

Improved skin

Weight loss

More money in your pocket

Improved health - giving up alcohol for a month has a very positive effect on your insides.

Amazing sense of achievement!

Alcohol is linked with more than 60 health conditions, including liver disease, high blood pressure, depression and seven types of cancer. In fact, alcohol is the biggest cause of death for people aged 15-49 in the UK. **Cutting back on alcohol reduces your risk of developing these conditions.**



Support is there for you!

Our staff are on hand to support you with a new, achievable exercise routine to help you break previous bad habits.

The national campaign **'DRY JANUARY'** is brought to us by the charity Alcohol Change UK. Head to their website for helpful advice and download their app for ongoing support throughout your **DRY JANUARY!**

www.alcoholchange.org.uk

