

drink less



see more of life

Cut back on your drinking now before your health and wellbeing is affected, and start seeing more of life.

**For advice and support, speak to your
healthcare professional today or contact:**

Alcohol Liaison Nurse Specialists on 01253 303943

For more information about this campaign contact the
Hospital Public Health Team on 01253 303967

SHOULD NOT REGULARLY EXCEED	
	
MEN	WOMEN
3-4	2-3
UNITS DAILY	UNITS DAILY
INCLUDE 2 ALCOHOL FREE DAYS PER WEEK	