



**From more money in your wallet to more spring in your step, even small reductions in drinking can have big benefits!**

**Reducing your alcohol consumption can significantly reduce your risk of health problems, and save you big bucks!**

**Learn more about the benefits of cutting down, and get some helpful tips by visiting [alcohol-focus-scotland.org.uk](http://alcohol-focus-scotland.org.uk)**

**Worried about your own or someone else's drinking?  
Drinkline can provide advice: 0800 731 4314  
Mon-Fri, 9am to 9pm  
Sat-Sun, 10am to 4pm**

