

Drink Less, Live More!



Less alcohol means better sleep, a slimmer waistline, more energy, feeling and looking better and improved long term health!

Learn more about the benefits of cutting down, and get some helpful tips by visiting 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



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