



**Drink Less,  
Live More!**

**ALCOHOL  
FOCUS  
SCOTLAND**

**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](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**

