



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**

**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**

