

GOODBYE 2021, HELLO 2022!

GET YOUR fun BACK.

GET YOUR energy BACK.

GET YOUR YOU BACK.



DRY JANUARY®



Download the free **Try Dry** app or sign up online to
double your chance of a totally alcohol-free month.

www.dryjanuary.org.uk

Alcohol Change UK is the operating name of Alcohol Research UK.
Registered office 27 Swinton Street, London WC1X 9NW. Registered charity number 1140287.
Company limited by guarantee in England and Wales number 7462605.



DRY JANUARY®
by Alcohol Change UK