



Your chance
for a total reset.

GET YOUR YOU BACK.



DRY JANUARY®



We're here to help. Download the free Try Dry app
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 is
brought to you by

