

Sober Spring



## CERTIFICATE OF ACHIEVEMENT

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WE WANT TO SAY A MASSIVE

# CONGRATULATIONS

JUNE 2021

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You did it! A three-month alcohol sabbatical. Whether it was a walk in the park or a real slog, you have done something amazing. You've shifted habits that might have been in place for your entire adult life. You've tried new things. You've done something brilliant for your body and your mind. And you've set yourself up for whatever comes next.



A handwritten signature in black ink, reading "Stuart Piper".

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CEO – ALCOHOL CHANGE UK