



DRY JANUARY®

ALCOHOL

CHANGE^{UK}

EICH TOCYN TUAG AT YFED YN IACHACH TRWY'R FLWYDDYN

▶ ARBED ARIAN

▶ MWY O EGNI

▶ TEIMLO'N WYCH

I YMUNO Â DRY JANUARY
EWCH AT:



DRYJANUARY.ORG.UK

#DRYJANUARY