

ALCOHOL

CHANGE<sup>UK</sup>



Marion

**“Drinking glasses of wine or beer each night was adding up to far more than I realised. But checking my drinking helped me to cut back and feel better.”**

**Take two minutes to explore the role alcohol is playing in your life and consider if you'd like to make a change.**

**Check your drinking - quick, free and non-judgemental**

**[alcoholchange.org.uk](https://alcoholchange.org.uk)**

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