



Here comes
**Dry
January!**

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Are you ready for this

31-day no-alcohol challenge?

More than just a trend, choosing

not to drink for a month

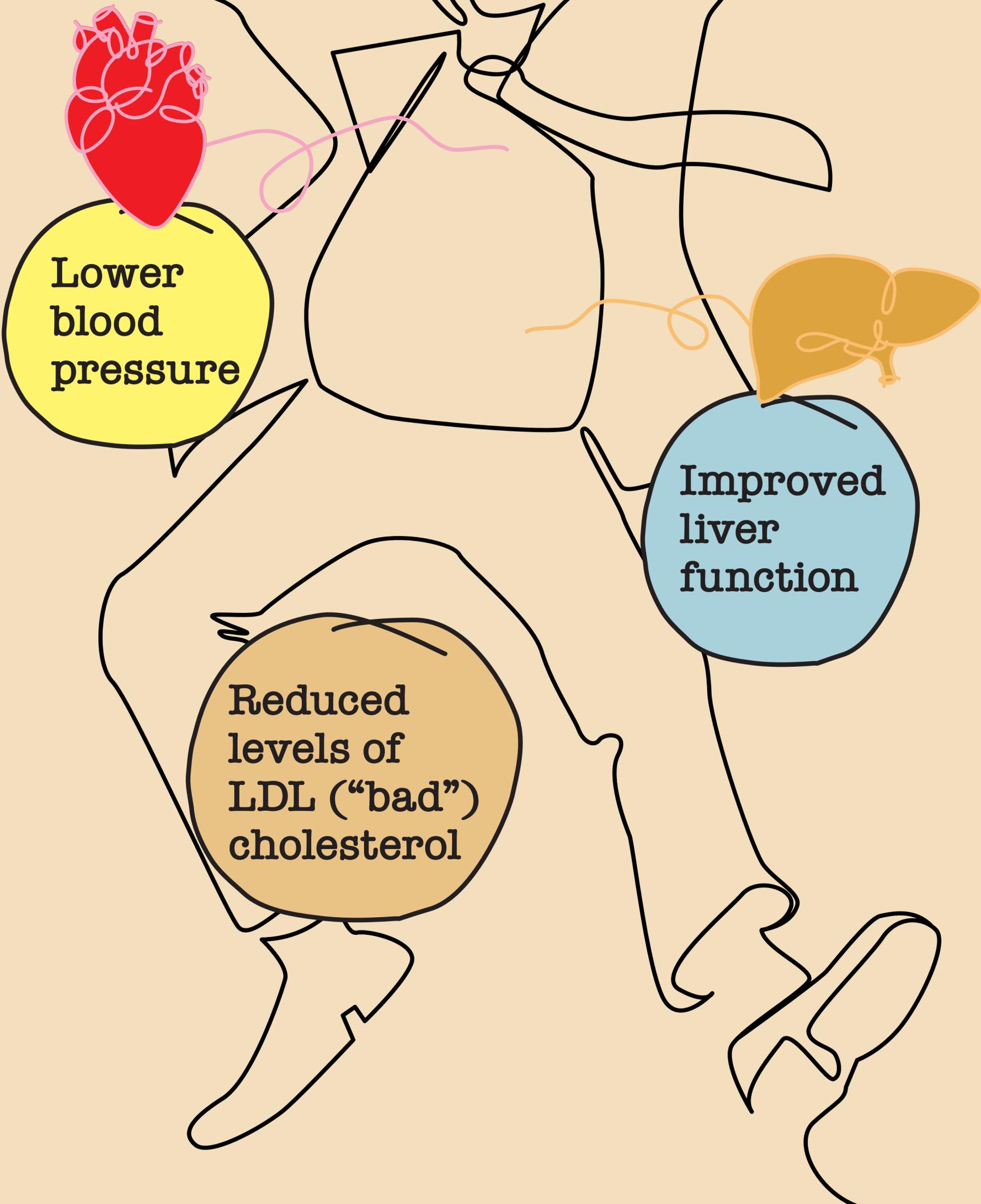
can provide some real benefits.



Dry January brings perks
like better sleep, more energy,
weight loss, and saving money.

Cheers to that!

There are certain gains you won't be able to feel, but your body will certainly appreciate them!



Tips for success:

1 Encourage loved ones to join in on Dry January. The more the merrier!



2

Remove all alcohol from your house. Out of sight, out of mind.

3

Experiment with fun, fruity mocktails.





Speaking of mocktails...
how about a **citrus
ginger fizz?**

Mix together orange juice,
lemon juice, grated ginger, honey,
and soda water. Add ice, mint leaves,
slices of orange and lemon, and voila!



Ready to
take
the
plunge?

Just 31 days for
a healthier YOU.

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