



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.



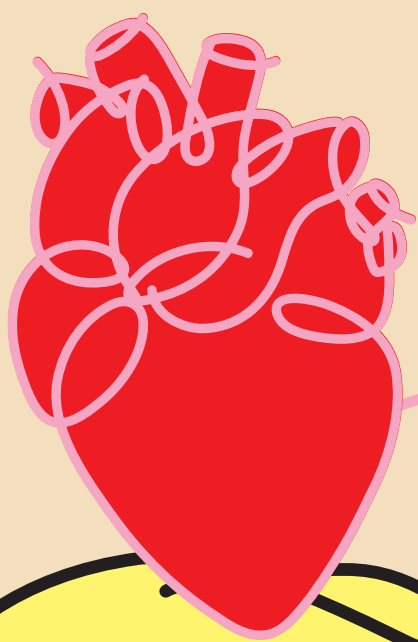
Dry January brings perks

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!



**Lower
blood
pressure**



**Improved
liver
function**

**Reduced
levels of
LDL (“bad”)
cholesterol**

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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