

change  
4 life

don't let  
drink sneak  
up on you  
catch it out and cut back

Search  
Change4Life  
for tips, tools,  
and advice



A free booklet providing more information on alcohol units, health risks and ways to cut down is available at [www.orderline.dh.gov.uk](http://www.orderline.dh.gov.uk) under the reference code C4L238 or call 0300 123 1002.

[www.nhs.uk/Change4Life](http://www.nhs.uk/Change4Life)

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