



DRY JANUARY[®]



The UK's one-month challenge. It isn't about giving anything up.

It's about getting something back. Get your fun back... Get your energy back... Get your calm back... **Get your YOU back.**

86% of people save money, **70%** have better sleep and **66%** have more energy.



Healthy You



Cambridgeshire
County Council



PETERBOROUGH
CITY COUNCIL

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it's time to think about 'drink'

Cutting down on how much you drink isn't always easy, but you won't be alone.

If you feel like you would need some support stopping or cutting down how much alcohol you drink, Healthy You can support you 1:1 with our Alcohol Health Trainer Team.



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How To Get Involved

To find out more about our **FREE** services, you can get in touch and refer yourself.

Call us on: **0333 005 0093** (standard network rate)

Text: **Healthyu** to **60777**

Find us on: Facebook and Twitter - **@HealthyYouCP**

For more information or to sign up,
visit our website: **healthyyou.org.uk**



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