

Did you know?

The less alcohol you drink, the lower your risk of cancer and other health conditions.

Challenge

Can you make your next drink a low or no-alcohol one?

Swap one alcoholic drink this week for a lower-alcohol or alcohol-free alternative.

- *Mocktail instead of a cocktail*
- *Alcohol-free beer instead of beer*
- *Sparkling water with fruit instead of a spirit and mixer*