

Reduce your drinking. Reduce the risk.



You don't have to be a heavy drinker for it to affect your health. Alcohol can weaken the immune system, leaving you more vulnerable to the effects of infectious diseases like Covid. It can also lower your mood and increase your risk of cancer, heart disease and stroke.

Reduce your drinking. Your body and mind will thank you.

For information, tips and free tools to help you cut down visit **[reduceyourrisk.tv](https://www.reduceyourrisk.tv)**

Or call Drinkline on **0300 123 1110**

#NotTheAnswer