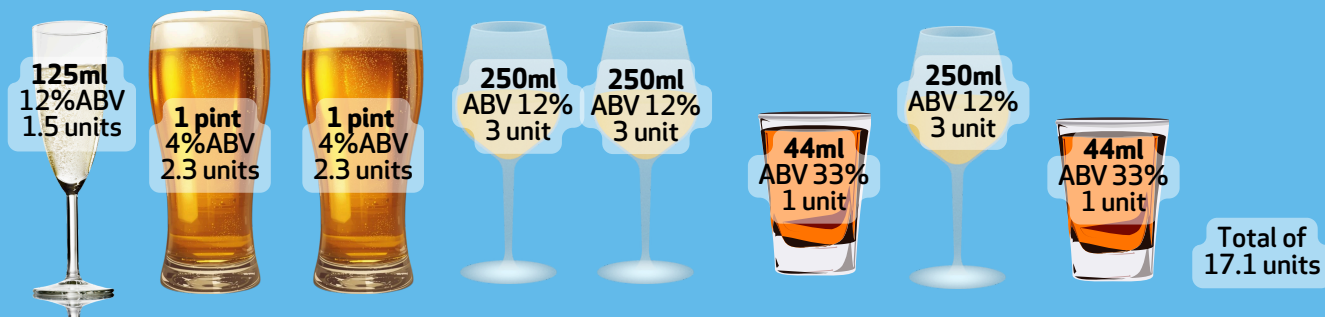
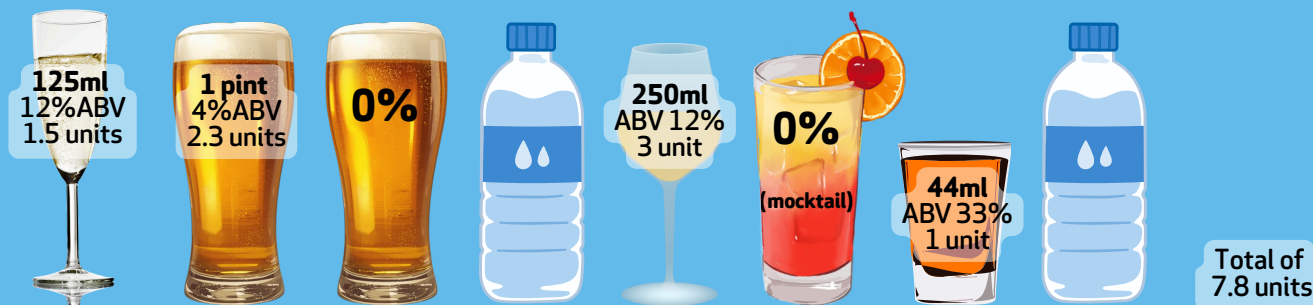


# If a night used to look like this...



## and now looks like this...



# You're making progress.

## WANT TO HAVE A CHAT ABOUT IMPROVING YOUR HEALTH AND WELLBEING AROUND ALCOHOL?

FREE AND CONFIDENTIAL support and advice is available. Scan the QR code to find out more about making changes to your alcohol use.

[www.turning-point.co.uk](http://www.turning-point.co.uk)



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