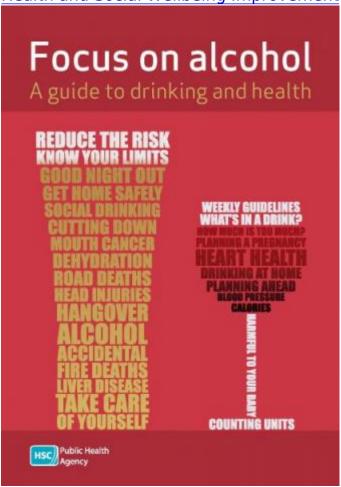
Health and Social Wellbeing Improvement



This leaflet incorporates the current advice on low risk drinking from the four UK Chief Medical Officers. It lists the long and short-term effects of drinking too much alcohol and outlines the recommended limits for low risk drinking, as well as providing tips on how to stick to these limits. The leaflet also offers a guide to how many units of alcohol are in common drinks.

### **Details**

Format
12 page A5 leaflet
Target group
General public

# **Downloads**

#### **Attachment**

#### Size

Focus on alcohol A5 Booklet 11 24 final.pdf 516.07 KB

## **Tags**

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