

All you can drink

24

promotion

DON'T FORGET
alcohol misuse
causes memory
loss!

SAVE POUNDS
CALORIES IN
7 ALCOPOPS =
10 SLICES OF PIZZA

**BUY
2 BOTTLES
OF WINE,
GET FREE
ENTRY TO
A&E**

FREE

hangovers,
unprotected sex,
black eyes, chlamydia,
unplanned pregnancy,
weight gain

what will your next drink cost you?
Just think before you drink.



BUY NOW PAY LATER

Whether you suffer the ill effects of alcohol tomorrow or in 10 years time, the consequences of one drink too many tonight are very real. To minimise the effects, try alternating with water or soft drinks, or eat something before your next pint. The best thing you can use to reduce the damage, however, is your head.

If you are worried about your own or someone else's drinking,
call **Drinkline 0800 917 8282**

Manchester 
North, Central and South
Primary Care Trusts

Manchester Public Health Development Service