

All you can drink

24

promotion

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

BUY
10 PINTS,
GET FREE
ENTRY TO
A&E

SAVE
POUNDS
CALORIES IN
7 ALCOPOPS =
10 SLICES OF PIZZA

DON'T FORGET
alcohol misuse
causes memory
loss!

FREE

hangovers, impotence,
black eyes, syphilis,
unwanted pregnancy,
weight gain



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.

www.drinkaware.co.uk

Manchester 
North, Central and South
Primary Care Trusts

Manchester Public Health Development Service