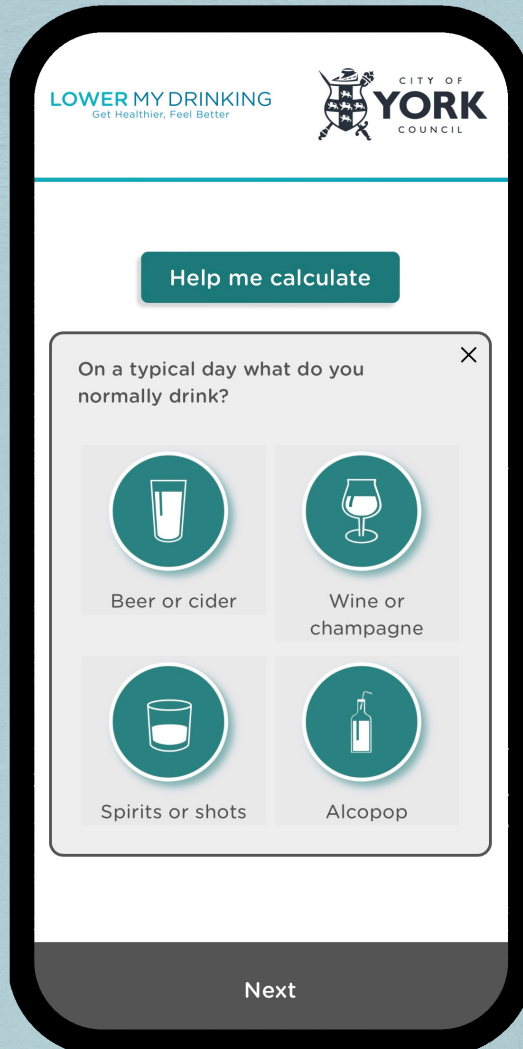


# Lower my Drinking

How  
healthy  
is your  
drinking?

Available  
FREE  
to all York  
residents



LOWER MY DRINKING  
Get Healthier, Feel Better

CITY OF  
**YORK**  
COUNCIL

Help me calculate

On a typical day what do you normally drink?

Beer or cider

Wine or champagne

Spirits or shots

Alcopop

Next

Take  
the  
quiz

Personal,  
confidential  
advice

