



How
healthy
is your
drinking?

Available
FREE
to all York
residents



Lower^{my}
Drinking



Take
the quiz



Personal, confidential
advice

Take the quiz!

Do you know how much you're drinking and how it might be affecting you?

The Lower My Drinking quiz is available to anyone living in York aged 18 and over. By completing the short quiz, you can check how much alcohol you're drinking.

It only takes a few minutes!



A healthier you!

It's all free and, based on your results, provides tailored information on:

- ★ the effects alcohol has on health and wellbeing
- ★ low risk drinking levels
- ★ tips for reducing
- ★ relevant support available in York

You'll also have the option to download the **Lower My Drinking app** to help you set goals and keep an eye on your progress.

You can find the quiz at: www.lowermydrinking.com

Benefits

By cutting down on alcohol you'll improve your health in both the short and long term. You'll feel more energetic – and it'll lower your risk of developing a range of illnesses, such as heart disease and breast cancer.

Take the quiz today to find out more and get information about what's available to help.



LOWER MY DRINKING
Get Healthier, Feel Better

