



*Dry January* is the UK's one-month *booze-free* challenge. This year we are encouraging you to join Public Health Dorset and take up the challenge to feel great and save some cash.

Lots of us feel like we're drinking a bit too much, or to o often, or just like we could do with some time off. *Dry January* is the perfect way to *reset your relationship with alcohol*. It only takes three weeks to break a habit, so this could be your route to happier, healthier drinking long-term.

Dr Vicki Fearne, Public Health Consultant for Public Health Dorset said:

"The benefits of drinking less are many. You could lose weight, save money and feel, look and be healthier.

"Alcohol is linked with more than 60 health conditions, including liver disease, high blood pressure, depression and seven types of cancer. Cutting back on alcohol reduces your risk of developing these conditions."

If you need some help getting started, LiveWell Dorset can give you an extra boost and help you on the journey to a fitter, healthier you. Get in touch via [livewelldorset.co.uk](http://livewelldorset.co.uk)

You can also download the new and improved *Dry January app*. And the best news? It's *free*.

Using the app you can:

- Track your units, calories and money saved
- Works for a month off or year-round drink tracking
- Use the health quiz to check up on your drinking
- Keep track of your current and best ever dry streaks
- Receive regular support emails if you want them

**Don't have a smart phone? You can [sign up for Dry January email support instead.](#)**