



DRINK LESS

LIKE A DRINK - OR TWO?

Drinking too much can sneak up on you without you noticing. We'll show you how easy it is to keep track of your drinking to keep you healthy.

ONE YOU
CHESHIRE EAST



IT'S ONE THING TO ENJOY A DRINK TO UNWIND AT THE END OF A LONG DAY.

But when that turns into two or three every night, you can end up drinking too much without even realising.

That can affect your body in all sorts of ways – putting on weight, disturbing your sleep and increasing your chances of developing high blood pressure, liver problems, heart attack and some types of cancer. Here's some good news though – it's easy to reduce those risks, and we'll show you how.

CUT DOWN THE RISKS WITHOUT CUTTING OUT ALCOHOL.

Current advice for men and women is that to keep health risks from alcohol to a low level, it is safest not to drink more than 14 units a week on a regular basis and to spread drinking over 3 days or more if you do. We can help you keep track and cut back.

One You Cheshire East has put together a whole host of tips and guidance, alongside community support services to help you track and manage your drinking (including a Drinks Tracker App).

You can even register with one of our Lifestyle Support Workers, who'll call you to discuss the next steps. And best of all, it's completely **free** (so there's no excuse!)

Find it all on our website at
www.oneyoucheshireeast.org/drink-less