

# RISE TO THE CHALLENGE

## Alcohol-free Challenge.

Switch to non-alcohol drinks for 30 days.

Don't be daunted by taking some time off the booze. With a bit of planning the month will fly by.

When you stop heavy drinking your skin begins to regain its plumpness and fine facial lines may soften. Plus you'll feel much more alert. Regular drinking can affect the quality of your sleep, making you feel tired and sluggish.



1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	<b>WELL DONE.</b> Challenge completed.				

