GOOD TO KNOW

CHART

Not drinking alcohol is good for your lifestyle

Boosts your chances of bonding with others

Creates room for goal setting and achieving dreams

Reconnects you with your personality which isn't masked by alcohol

Contributes to your ability to focus on family related issues and relationships

Leaves you feeling empowered that you can be in control of change

Strengthens intimacy

Re-prioritises your financial stability and focus

Promotes physical activity further improving your health quality

Improves employability opportunities and any job-related issues

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