



## HOW TO SIGN UP

- 1 GO TO [DRYJANUARY.ORG.UK](http://DRYJANUARY.ORG.UK) OR DOWNLOAD THE DRY JANUARY APP
- 2 FILL IN YOUR NAME AND YOUR EMAIL ADDRESS
- 3 GET ACCESS TO OUR APP, TIPS AND TRICKS, SUPPORT, FUNDRAISING TOOLS AND MUCH MORE!



[DRYJANUARY.ORG.UK](http://DRYJANUARY.ORG.UK)



# JOIN THE FOUR MILLION GOING DRY THIS JANUARY

- ▷ SAVE MONEY
- ▷ MAKE A DIFFERENCE
- ▷ FEEL GREAT

TO SIGN UP FOR DRY  
JANUARY VISIT:

[DRYJANUARY.ORG.UK](http://DRYJANUARY.ORG.UK)

#DRYJANUARY

ALCOHOL  
CHANGE<sup>UK</sup>

# THROUGH DRY JANUARY MILLIONS OF PEOPLE ACROSS THE COUNTRY CHANGE THEIR RELATIONSHIP WITH ALCOHOL, FOR JANUARY AND BEYOND.

ALCOHOL  
CHANGE<sup>UK</sup>

## What is Dry January?

Dry January is the annual movement through which millions of people give up alcohol for the month of January. It is run by the charity Alcohol Change UK.

### The rules

No alcohol from when you wake up on New Year's Day until 1 February.

... And that's all!

We don't sell Golden Tickets to give you a day off. If you decide to have a drink, that's totally up to you. A drier January is still something to be proud of, and your body will thank you!

But if you can make it through the month alcohol-free, you'll get bigger benefits. The biggest benefit of all is that you'll see you don't need alcohol to have fun, go out, stay in, relax or do anything else you might associate with drinking. And knowing that will help you take control of your drinking year-round.

## Why do Dry January?

If you're reading this, you're thinking about your drinking. Lots of us feel like we're drinking a bit too much, or too 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. Plus...

- ▷ Sleep better and have more energy
- ▷ Better skin
- ▷ Lose weight
- ▷ More money in your pocket (the average person spends £50,000 on booze in their lifetime)
- ▷ Get healthier - through giving up alcohol for a month you do your insides a lot of good.
- ▷ Amazing sense of achievement!

## Why sign up?

People who sign up are more likely to stay dry for the whole month. That's because when you sign up you:

- ▷ Get access to our free app, which helps you keep track of your month with features like a calorie calculator, unit tracker and tool to show how much you've saved.
- ▷ Receive regular support emails with tips, tricks and information from experts in alcohol to make your month easier and more fun.
- ▷ Have help on hand: if you're struggling, we'll support you.

## Why fundraise?

Dry January will make a difference to you – but it can make a difference to others too. Sign up and give what you save from not drinking to the charity behind Dry January, Alcohol Change UK. Your money will help to improve and save lives by reducing the serious harm alcohol causes.

You can also get sponsored by your friends and family for your dry month, giving what you raise to Alcohol Change UK.