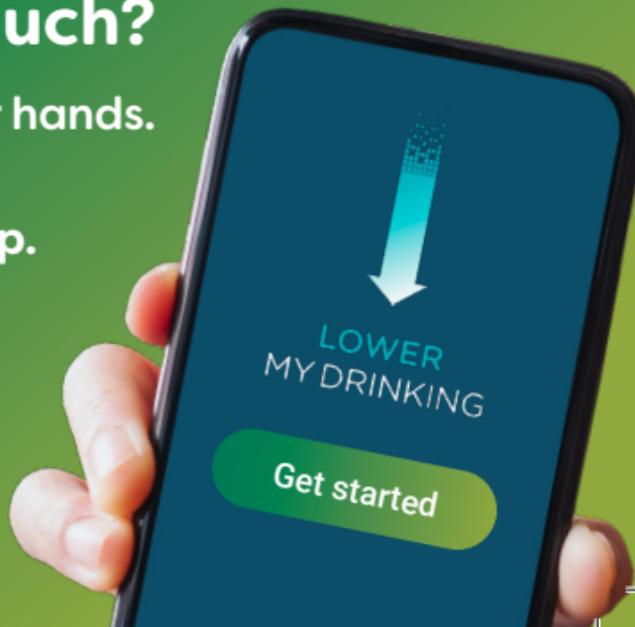


Thinking you might be drinking too much?

Put the answer in your hands.

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If you drink regularly, cutting back even just a little bit can be a really effective way to improve your health.

The Lower My Drinking app makes it easy to set your own goals and stay on track with your drinking – and it's FREE.



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