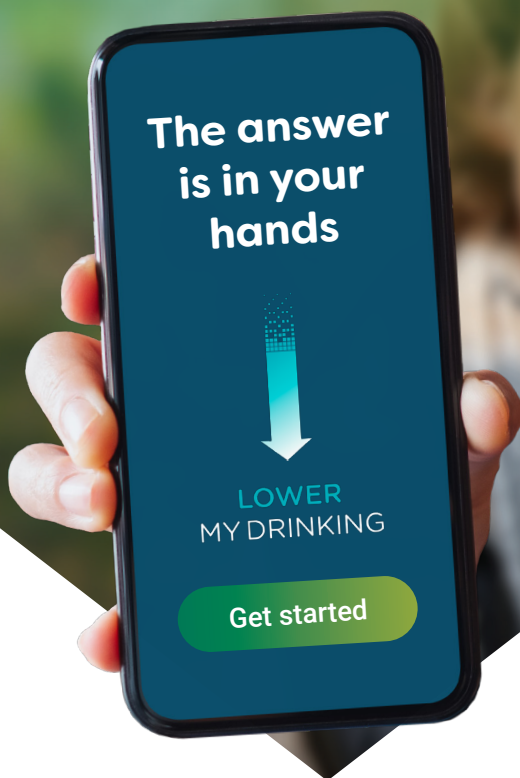


# Thinking you might be drinking too much?



The Lower My Drinking App gives you all the help you need to reduce your alcohol intake, set personal goals, track progress and feel the benefits of a healthier lifestyle.

Download the free app today or visit [lowermydrinking-nhs.org.uk](https://lowermydrinking-nhs.org.uk)



# Get the FREE Lower My Drinking app today.

If you drink regularly, cutting back even just a little bit can be a really effective way to improve your health, boost your energy, lose weight and save money.

And with the free Lower My Drinking app, it's easy to stay on track with your drinking goals.

## How the app helps

The app can help you work out why you drink, and gives you expert advice and tools to help you reduce your drinking to the recommended 14 units a week or less.



Set alerts to help you stay on top of your drinking levels



Regularly review your drinking habits



Compare your drinking levels every week to see how you score



Set your own drinking goals



Track your progress

**Download Lower My Drinking for FREE now!**

Visit [lowermydrinking-nhs.org.uk](https://lowermydrinking-nhs.org.uk) for more information.

