## **WORLD MENOPAUSE DAY 2023 HEALTHY HEART**

## What's the best way to a healthier heart?

- Keep active
- Stop smoking
  Maintain a healthy weight
  Reduce alcohol

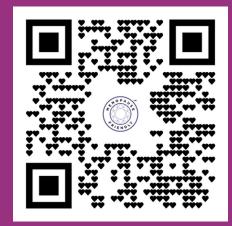


## Drink less

Feel healthier, lose weight and save money by picking your days to go drink-free.

One simple way to cut down is to have at least a few drinkfree days every week, so choose yours and get practical support to stick with it.





Cutting back on the booze can be a really effective way to improve your health, boost your energy, lose weight and save money. Any reduction in the amount you drink every week will be beneficial and with the right help, it's easier than you think.

