

# 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 drink-free 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.

