# COULD YOU GO 30 DAYS WITHOUT ALCOHOL?

## What could you GAIN if you did?

### MORE MONEY
What would you do with 30 days of savings?

### BETTER MORNINGS
Imagine waking up fresh on a Sunday.

### HAPPIER FAMILY TIME
More energy for the people you love.

### ENJOY WORK AGAIN
Start the week with a clearer head.

## Meet Sober Society

The completely FREE app to track money saved, calories avoided and your progress — with coping tools and a community cheering you on.

**NO PRESSURE. NO JUDGEMENT. NO COST.**

Download on the App Store

GET IT ON Google Play

**SCAN TO GIVE IT A GO**

If dependent on alcohol, seek medical advice before stopping suddenly.