

#DRYMESTER

HELPING PARENTS-TO-BE GO ALCOHOL FREE



**NO SAFE
TIME
NO SAFE
AMOUNT
SPREAD
THE WORD**

#DRYMESTER aims to dispel the many mixed messages and advice given to parents-to-be regarding drinking alcohol and encourages pregnant women, or women planning a pregnancy to go alcohol free.

For more information visit
www.drymester.org.uk

 @DrymesterNHSGM

  @drymester_nhsgm



**Greater
Manchester
Integrated Care
Partnership**

NHS

