

#DRYMESTER

HELPING PARENTS-TO-BE GO ALCOHOL FREE

EVENT PACK

Thank you for downloading this #DRYMESTER event pack and helping us to **spread the word about going alcohol free during pregnancy.**



In this pack you will find ideas to help you plan the perfect #Drymester event for you and your friends, including:



INVITATION TEMPLATE



GAME IDEAS



COASTERS



MOCKTAIL RECIPES



FASD INFORMATION



HEALTHY
SNACK IDEAS



PREGNANCY QUIZ



BUNTING



GUESS THE WEIGHT
AND DATE SHEET

We would love to see your #DRYMESTER events, so why not share photos on our dedicated Facebook, Instagram and Twitter pages with the hashtag #DRYMESTER – have fun and get tagging! Together, we can spread the word to encourage healthier pregnancies.

For more information visit
www.drymester.org.uk/he