

WHAT ALCOHOL REALLY DOES TO YOUR BODY

It's more than 'just a hangover'. Even small amounts of alcohol can have a serious effect on your health.



Brain

Slows thinking, affects mood and memory.



Liver

Can cause long-term damage.



Heart

Raises blood pressure and stroke risk.



Immune System

Weakens your defences.



Cancer

Linked to several types of cancer.



Weight

High in kilojoules, often stored as fat.



Sleep & Skin

Disrupts sleep, dehydrates and ages skin.



Know the risks.

Make healthy choices.

Support is within easy reach.



COUNSELLING . LIFE COACHING . HEALTH ADVICE



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