

# DRY JANUARY

HEALTHY & HAPPY HOUR  
DRY JANUARY CHALLENGE

Curious about  
how alcohol  
affects your  
sleep, energy,  
mood, or  
overall health?

**Join our challenge**—a fun, supportive way to take  
a short break from alcohol & see how you feel.

**Friday  
Evenings in  
January from  
5:30-6:30pm**

**Bingham Memorial  
Hospital – Education  
Classroom**

*Snacks & mocktails  
will be provided*

Learn the science  
behind alcohol and health,  
explore why “just one” can  
be harder than it sounds, and  
get tools to support a 31-day  
alcohol-free challenge.

***No pressure,  
no judgment,  
just information  
and support.***

Whether you're looking to reset after the holidays,  
cut back, or simply learn more about alcohol and  
wellness, this challenge is for you.

