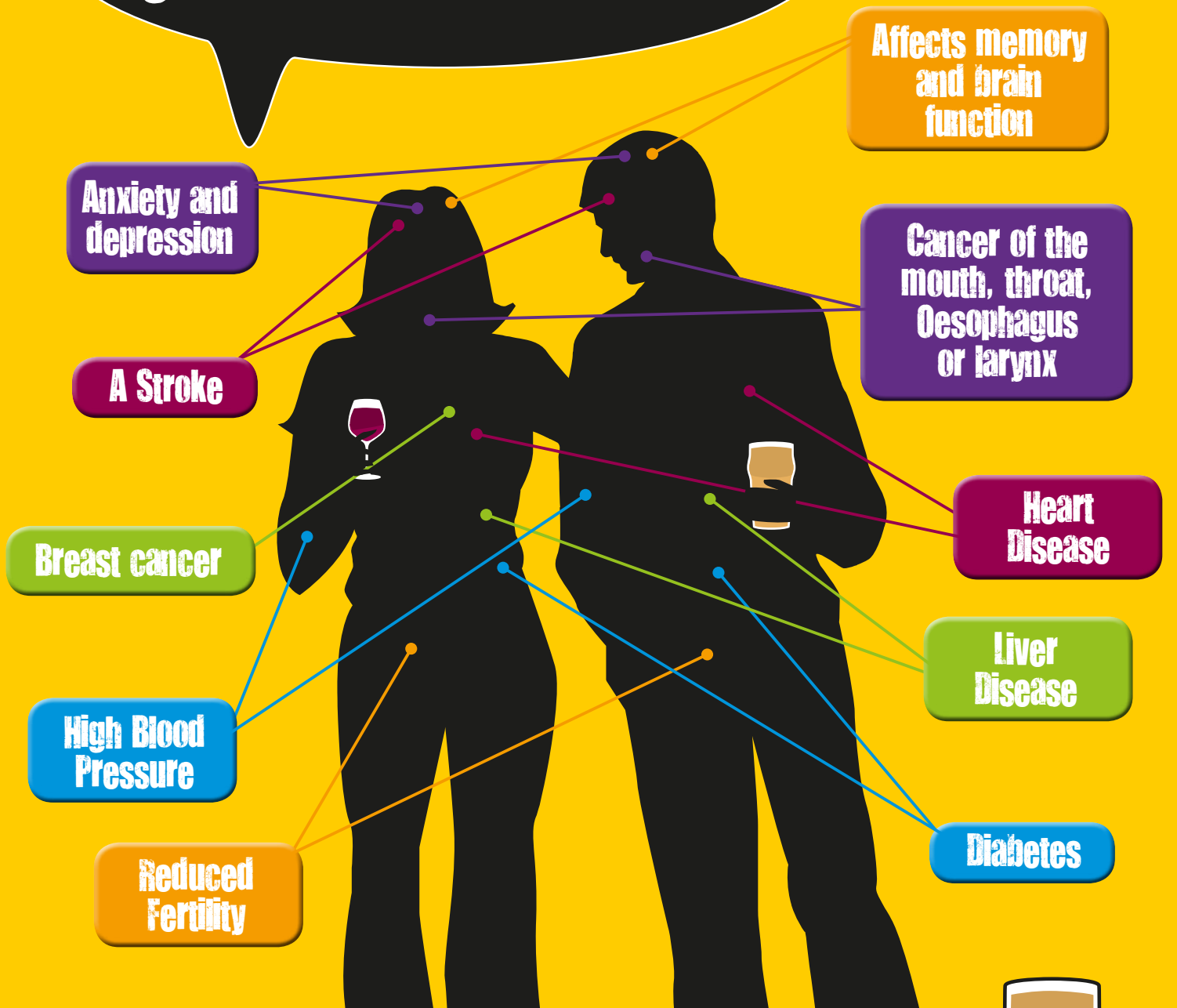


Alcohol - do you know?

The more you drink, the greater the health risks



Regularly drinking over the guidelines increases the chances of suffering from these conditions.



Recommended daily limit:  2-3 units of alcohol  3-4 units of alcohol