**We’ve been through a lot together lately Australia – it’s time to celebrate you!**

As some of us start to come out of COVID-19 induced isolation and return to a form of ‘normality’, the Alcohol and Drug Foundation is making a toast to the future of better health.

And [insert your organisation’s name] is getting behind the cause too.

So many of us have been feeling the large impact and the stress of the COVID-19 pandemic, and the stats have told us that many people changed their drinking behaviours during lockdown - starting earlier in the day, or perhaps drinking a bit more than usual.

The latest Alcohol and Drug Foundation campaign encourages Australians to reduce their drink count and realise a host of achievable benefits that come from a few less drinks – weight loss, better sleep, more money, reduced breast cancer risk and a healthier immune system.

That’s a message worth sharing.

Now’s the time to understand the variety of health and wellbeing benefits that can come from a few less drinks, rethink recent drinking behaviours and get set to celebrate a better you.

To find out more about the benefits you can achieve with a few less drinks and links to helpful resources and support services visit **adf.org.au/celebrateyou**