



Rethinking what you're drinking: a conversation over zoom

**Thursday 16 June 2022
11.00am to 12.00noon**

As men, a lot of us enjoy a drink to unwind, celebrate or commiserate when our team loses. (If you support the teams I do, you know what that feels like).

But do we really think about the impact of what we are drinking beyond reaching for the Paracetamol when we go a bit over board?

This workshop will go a little deeper to explore:

- **The journey of alcohol through the body**
- **A way to check is my drinking going in a direction that could be a worry**
- **What could I do if that is the case**
- **A wider conversation with our cultural relationship with alcohol on this Island , its cost to all of us, and some discussion on collective action we could all take with our families and communities.**

This workshop will not include finger wagging or judgement, but provide you with the information to decide what actions are best for you.

Looking forward to you joining us.

Please contact brien.frazer@setrust.hscni.net to register