



Rethink
your
Drink
DONCASTER

Beer goggles affecting your judgement?



Drinking just 6 units
of alcohol can increase
your sex drive – but it
can also decrease
your judgement.

Avoid waking up with
more than just a hangover!

Affix
stamp

Is it time to Rethink Your Drink?

If you'd like a confidential chat with someone
about your drinking, please ring us on
01302 730956.

or visit our website:

www.rethinkyourdrinkdoncaster.co.uk



Alcohol units



Strong pint
of beer or cider
(568ml)



Medium glass
of wine
(175ml)



Bottle of
alcopop
(275ml)



1 single
measure of
spirits



Bottle
of wine
(750ml)