

#DRYMESTER

HELPING PARENTS-TO-BE GO ALCOHOL FREE



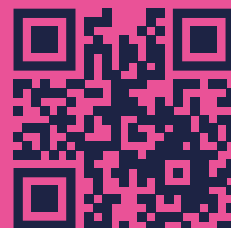
If you're pregnant or planning to become pregnant, the safest approach is **not to drink alcohol at all** to keep risks to your baby to a minimum.

UK Chief Medical Officers

For more information visit www.drymester.org.uk

 @DrymesterNHSGM

  @drymester_nhsgm



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board