

# #DRYMESTER

HELPING PARENTS-TO-BE GO ALCOHOL FREE



**NO SAFE  
TIME  
NO SAFE  
AMOUNT  
SPREAD  
THE WORD**

#DRYMESTER aims to dispel the many mixed messages and advice given to parents-to-be regarding drinking alcohol and encourages pregnant women, or women planning a pregnancy to go alcohol free.

For more information visit  
[www.drymester.org.uk](http://www.drymester.org.uk)



@DrymesterNHSGM



@drymester\_nhsgm



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