



I love my body

I don't drink alcohol

**I live a healthy lifestyle.
I avoid alcohol.**

- I don't resort to alcohol to solve problems
- I manage my stress well
- I spend more time with my family
- I believe it's cool to socialise without alcohol
- I opt to stay alert and conscious
- I choose to say NO to alcohol

Be like me. Stay alcohol-free. Alcohol is addictive. It causes social and health problems.

www.infosihat.gov.my

LOVE YOUR BODY. TAKE IT SERIOUSLY.



Utamakan Kesihatan

Sihat Sepanjang Hayat

