Sign up to receive weekly emails full of tips and resources to help you celebrate the season while practicing mindful alcohol use.

YOU’LL GET:

- Tips to help you cut down or take a break from alcohol
- Tools to help you reflect on your alcohol use
- Weekly swap challenge
- Delicious non-alcoholic recipes

Emails start Nov. 18, 2019 and continue until just after the New Year.

Learn more and sign up at:

mhealthy.umich.edu/stopandswap