

**DOWNING A SHOT OF
BRANDY TO GET
OVER A COLD IS
LIKE EATING
CAKE TO
LOSE
WEIGHT.**



CHEERS TO A LIFE WITHOUT ALCOHOL

NIJZ National Institute
of Public Health



SOPA

Visit the Sopa workshop

www.sopa.si/en/

**RELAXING WITH A GLASS OF
WINE DURING PREGNANCY
IS LIKE
WATERING A
FLOWER
WITH SALT
WATER.**



CHEERS TO A LIFE WITHOUT ALCOHOL

NIJZ National Institute
of Public Health



SOPA

Visit the Sopa workshop

www.sopa.si/en/

**HAVING A SHOT OF
BRANDY TO GET
WARM IN WINTER
IS LIKE WEARING
SOCKS IN A POOL
TO KEEP YOUR
FEET DRY.**



CHEERS TO A LIFE WITHOUT ALCOHOL

NIJZ National Institute
of Public Health



**TOGETHER
FOR HEALTH**

SOPA

Visit the Sopa workshop

www.sopa.si/en/

**DRINKING TO
UNWIND IS
LIKE EATING
SOUP WITH
A FORK.**



CHEERS TO A LIFE WITHOUT ALCOHOL

NIJZ National Institute
of Public Health

 **TOGETHER
FOR HEALTH**

SOPA

Visit the Sopa workshop

www.sopa.si/en/

**DRINKING A BEER TO
GET A BETTER
NIGHT'S SLEEP
IS LIKE RUNNING
A MARATHON
TO GET
SOME REST.**



CHEERS TO A LIFE WITHOUT ALCOHOL

NIJZ National Institute
of Public Health



SOPA

Visit the Sopa workshop

www.sopa.si/en/

**TOASTING TO HEALTH WITH
ALCOHOL IS LIKE SAYING
GOOD NIGHT AND
THEN TURNING
THE LIGHTS
BACK ON.**



CHEERS TO A LIFE WITHOUT ALCOHOL

NIJZ National Institute
of Public Health



**TOGETHER
FOR HEALTH**

SOPA

Visit the Sopa workshop

www.sopa.si/en/