



# Alcohol Friend or Foe?

**Where:** Westhill Office  
**Date & Time:** 17 June 11h30 - 13h30

**Come and visit our Healthpoint for a relaxed, no-judgement conversation about alcohol and wellbeing.**

- Curious about how alcohol might be affecting your energy, sleep, or mood?
- Ask questions and leave with something useful.
- Our Wellness Coach will be on hand with interactive displays, practical information, and a few things that might just surprise you.

**Drop in between 11h30 and 13h30**