

Alcohol-free activities

Drinking alcohol often becomes part of a routine, whether it's buying a round of drinks with your friends or having a glass of wine in the evening.

Here are some fun, simple ways you can build new, healthier habits:

 <p>Grab some fruit and soda water for a mocktail party at home.</p>	<p>Put up a gazebo and watch the football in your garden.</p> 
 <p>Meet friends at a café or have a picnic in the park.</p>	<p>Be your best food critic and have an alcohol-free sampling session.</p> 
 <p>Get dressed up and have dinner in the garden.</p>	<p>Dim the lights and pop on your favourite tunes for a disco at home.</p> 
 <p>Go for a walk in the evening or try a simple yoga session.</p>	<p>Pick up a new hobby or rediscover an old one.</p> 
 <p>Curl up on the sofa with a fruity smoothie or mug of hot chocolate.</p>	<p>Distract yourself with a boxset and have a home cinema on the sofa.</p> 



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