

# 1 Drinks

Shake it, mix it, blend it! On this day, each mocktail means a step closer towards shuttering the alcohol norm. Having one drink at home or arranging a whole party where everyone can refill the good stuff. All counts when we do it together. Globally!

# 2 Benefits

What's in it for me? It's easier to make alcohol-free choices when it is not about saying "no" to something but about saying "yes" to many benefits like in health, finances, relationships. We have made some collection for you. Let's spread the word!

# 3 Myths

Alcohol is good for your heart. So not true! Alcohol makes you funny! So not true! We get to hear these myths quite often. Those who know it, they can resist it. But too many still believe it. It needs some mythbusting. October 3rd is a perfect day to do it!



# 4 Testimonials

There are many people who would choose alcohol-free if they did not feel the pressure from society and their environment. The more people come out with their alcohol-free choices, the more people join them. Share your experience of being sober.

# 5 Celebrities

There are quite some. Do you know any from your country? October 3rd is a great day to hype them a bit and send them some cheerful greeting!

# 6 # Hashtag

You sure have more ideas so just go ahead and put DRINKREVOLUTION hashtag on it. Like that we all can feel the sobervibe on October 3rd.

#drinkrevolution