# SOBER OCTOBER CHALENGE

### 31 days sober.

Alcohol, Drug &

Wellness Education UNIVERSITY of ALASKA ANCHORAGE

#### Are you up for the challenge?

Challenge yourself and friends to commit to Sober October. Perhaps you have a healthy relationship with alcohol or maybe it's complicated. Make the decision to sign up for this challenge to experience the benefits from an alcohol free month. Receive inspiration, tips, and a chance to reflect on how alcohol shows up in your life.

## What's your relationship status with alcohol??

Sober
Sober Curious
It's Complicated

Sign up: Scan QR Code for registration or email bkupec@alaska.edu



#### Contact for more information:

Brittney Kupec - 786.1511 - bkupec@alaska.edu Kyra McKay - 786.4006 - kpmckay@alaska.edu



UA is an AA/EO employer and educational institution and prohibits illegal discrimination against any individual: www.alaska.edu/nondiscrimination.