

SOBER OCTOBER CHALLENGE

31 days sober.

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:

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