

SOBER OCTOBER

FILL YOUR GLASS WITH COLOUR!

Mark off the days in October to track your progress and celebrate your milestones.

Happy 1st November!

31st
30th
29th
28th
27th
26th
25th
24th
23rd
22nd
21st
19th
18th
17th
16th
15th
14th
13th
12th
11th
10th
9th
8th
7th
6th
5th
4th
3rd
2nd
1st October

Over half way, you can do it soberhero!

Make yourself a mocktail to celebrate one week to go!

1 week in - you should be feeling hangover free and proud!

Soberhero assemble!



Registered with
**FUNDRAISING
REGULATOR**

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland. MAC16796.

**MACMILLAN
CANCER SUPPORT**