Press Release
For Immediate Release

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Announcing Dryuary 2016
Stay Dry in January!

Join us for Dryuary, our annual Dry January month of abstinence. Take a month-long break from alcohol, and join with others in a supportive environment.

Dryuary features support for individuals who have made the healthy decision to not drink alcohol in January. Dryuary is not therapy; it is simply an opportunity to reset your relationship with drinking.

Daily emails help you stay focused and resolved.

Make the decision to invest in a healthier, more productive you!

Subscribe here:
http://dryuary.org/wp/sign-up

Or follow daily posts on our website at http://dryuary.org.

Email dryuary@dryuary.org if you have questions.

Dryuary™ is sponsored by Moderation Management™

Moderation Management™ (MM) is a national support group network for people concerned about their drinking and who desire to make positive lifestyle changes. MM empowers individuals to accept personal responsibility for choosing and maintaining their own path, whether moderation or abstinence. MM promotes early self-recognition of risky drinking behavior, when moderate drinking is a more easily achievable goal.

For more information, see http://www.moderation.org/whatisMM.shtml

Moderation Management™ is a 501(c)(3) IRS-registered non-profit organization.