

# SOBER OCTOBER

## FILL YOUR GLASS WITH COLOUR!

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

**HAPPY  
1<sup>ST</sup> NOVEMBER!**

1<sup>ST</sup> NOVEMBER 2020

31<sup>ST</sup>

30<sup>TH</sup>

29<sup>TH</sup>

28<sup>TH</sup>

27<sup>TH</sup>

26<sup>TH</sup>

25<sup>TH</sup>

24<sup>TH</sup>

23<sup>RD</sup>

22<sup>ND</sup>

21<sup>ST</sup>

20<sup>TH</sup>

19<sup>TH</sup>

18<sup>TH</sup>

17<sup>TH</sup>

16<sup>TH</sup>

15<sup>TH</sup>

14<sup>TH</sup>

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12<sup>TH</sup>

11<sup>TH</sup>

10<sup>TH</sup>

9<sup>TH</sup>

8<sup>TH</sup>

7<sup>TH</sup>

6<sup>TH</sup>

5<sup>TH</sup>

4<sup>TH</sup>

3<sup>RD</sup>

2<sup>ND</sup>

1<sup>ST</sup> OCTOBER 2020

**MAKE YOURSELF  
A MOCKTAIL TO  
CELEBRATE ONE  
WEEK TO GO!**

**OVER HALF WAY,  
YOU CAN DO IT  
SOBERHERO!**

**SOBERHEROES  
ASSEMBLE!**

**1 WEEK IN – YOU  
SHOULD BE FEELING  
HANGOVER FREE  
AND PROUD!**



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.

**GO SOBER.ORG.UK**

**MACMILLAN  
CANCER SUPPORT**

A registered charity