

PREPPING FOR DRY JULY

Alcohol consumption forms part of our unique Australian culture and social norms, but it's worthwhile reflecting on our drinking habits from time to time and reminding ourselves of the big benefits to making small changes.



SMG Health has a team of experienced psychologists, health coaches, dietitians and exercise physiologists who are able to provide counselling and coaching support.

Contact us today: 1800 273 865 areuok@smghealth.com.au