

1 Drinks

Shake it, mix it, blend it! On this day, each mocktail means a step closer towards shattering the alcohol norm. Having one epic drink at home or arranging an entire party where everyone can refill the good stuff - it all counts when we do it together. Globally! You do not need to share the drink with others, but share with others that you have had that drink - and how it made you feel!
#drinkrevolution

2 Benefits

What's in it for me? It's easier to make alcohol-free choices when it's not about saying "no" to something but about saying "yes" to fabulous benefits - like all the gains in health, finances, relationships... We have compiled a collection for you. Let's spread the word! #drinkrevolution

3 Myths

Alcohol is good for your heart. So not true! Alcohol makes you funny! Dead wrong! We get to hear these myths quite often. Those who know it, they can resist it. But too many still believe it. The world clearly needs some alcohol myth-busting. October 3rd is a perfect day to make it happen!
#drinkrevolution



Global Drink Revolution Day®

October 3rd!

4 Testimonials

There are many, many, many people who would choose alcohol-free if they did not feel the pressure from society and their environment. The more people who speak up about their alcohol-free choices, the more people will join in. Tell your story. Share your experience of going alcohol-free and help change the world.

5 Celebrities

There are quite some celebs living sober. Worldwide. Do you know about any of them from your country? October 3 is a great day to hype them, highlight them, celebrate them being role model and send them a cheerful greeting or two!

6 Hashtag

You sure have more ideas and better ideas and cooler ideas. So just go ahead and do that and make sure to tell us about it using the DRINKREVOLUTION hashtag. Like that we all can feel the sobervibe on October 3.
#drinkrevolution