

Dry July 2023

Dry July is a free fundraiser that challenges you to go alcohol free for the month of July to raise funds for people affected by cancer. Funds raised through the Dry July campaign are distributed to local and national cancer support organisations across Australia.

Having a month off alcohol also has great health benefits, such as sleeping better, having more energy and of course, no hangovers! So you are not only helping others, you are helping yourself too.

In the workplace, Dry July is a great way to connect with your team, feel healthier and do something amazing for people affected by cancer.

Nominate a workplace team leader and have them sign up at dryjuly.com

DRY JULY
FOUNDATION

I'M DRY THIS JULY
TO RAISE FUNDS FOR PEOPLE
AFFECTED BY CANCER

DONATE AT DRYJULY.COM