

**WASTED**  
THIS  
SUMMER?

**EATING**  
**ISN'T CHEATING.**



**PREPARE YOURSELF...**

Line your stomach by having a bite to eat before you head out.

Don't cut the night short,  
party right and visit:

[www.nyhorizons.org.uk](http://www.nyhorizons.org.uk)

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NORTH YORKSHIRE HORIZONS

**WASTED  
THIS  
SUMMER?**

# HAVE A GAME PLAN.

**Before you head out for  
the night, think about how  
you'll get home.**

Make sure you've got your money,  
keys and phone, as well as some  
taxi numbers saved just in case you  
have to make a quick getaway.

Stay safe this summer, visit:

**[www.nyhorizons.org.uk](http://www.nyhorizons.org.uk)**

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