



**BE**

**YOUR**

PARTNER'S

**WINGMAN.**

GO TO THE  
SUPERMARKET  
TO BUY ICECREAM

**AT**  **3AM.**

**S T O P**  
WEARING  
**AFTERSHAVE**

IF IT MAKES HER

**PUKE**

AND

**GIVE UP**

ALCOHOL  
TO HELP

*her* **DO**

**THE** *same.*

YOUR MESSAGE:

YOUR NAME:

**SUPPORT HER,  
SUPPORT THE CAUSE.  
TAKE A ZERO ALCOHOL...**



**PREGNANT  
PAUSE**

TO MAKE A DONATION OR GET INVOLVED, GO TO [WWW.PREGNANTPAUSE.COM.AU](http://WWW.PREGNANTPAUSE.COM.AU)