

Вредные привычки

A black and white photograph of a glass filled with a clear liquid, likely alcohol, with ice cubes. The glass is positioned on the left side of the frame, and the background is dark. The text is overlaid on the right side of the glass.

Алкоголь ежегодно убивает 700000 россиян



Риск развития бронхитов и эмфиземы лёгких у курильщиков повышается в 10 раз

A close-up photograph of a cannabis plant, showing several bright green, serrated leaves radiating from a central point. The leaves are in sharp focus, with some showing fine details of their structure. The background is a soft, out-of-focus green, suggesting a dense field of similar plants.

Вред наркомании состоит в истощении организма и психики

Переедание может привести к гастриту и язве желудка



A vibrant, circular arrangement of numerous colored pencils pointing towards the center. The colors include blue, purple, brown, red, orange, yellow, green, and cyan. The pencils are arranged in a fan-like pattern, creating a sense of unity and diversity. Overlaid on this background is the Russian phrase "Береги себя!" in a bold, yellow-to-orange gradient font with a black outline.

Береги себя!

