

# Zero-Proof Your 2021

## Serving Up Wellness, District Fray Magazine Presents *A Dry January*

*In partnership with and sponsored by Dry Botanical Bubbly, Lyre's Non-Alcoholic Beverages, Binge Bar, Athletic Brewing, Element Shrub, Nope Beverages, Balance Gym, and Booze Free in DC.*

**Washington, DC — December 17, 2020 — District Fray Magazine**, D.C.'s lifestyle and entertainment publication, has announced that the magazine will kick off 2021 with a focus on health and wellness through a series of Dry January-themed editorial pieces and virtual events to further propel self-care throughout 2021.

*Be the first to download your free Dry January Guide at [DistrictFray.com/Dry-January](https://DistrictFray.com/Dry-January)*

District Fray Magazine has partnered with local and national booze-free experts to best understand how longtime dry enthusiasts and newcomers can appreciate a month where the focus is placed on mental and personal well-being and social authenticity. The supporting events, hosted by District Fray Magazine will feature mixologists and experts from the booze-free community in a virtual environment. The sponsored events will be free, and attendees can join two different sessions with notable booze-free mixologists Chris Marshall of Sans Bar in Austin, TX and Anna Welker of Topside in Baltimore, MD to make dry cocktails that still bring the fun, sans the ABV.

Throughout January District Fray will also highlight a variety of ways to boost your self-care routine throughout the month and tackle goal setting in a realistic and healthy format. Readers will have a chance to hear from noteworthy community members who are booze-free, including Chris Marshall, owner of alcohol-free Sans Bar in Austin, Texas, and Julia Bainbridge, author of "Good Drinks: Alcohol-Free Recipes for When You're Not Drinking for Whatever Reason."

Embracing Dry January doesn't mean you're removing yourself from fun, but rather giving yourself a chance to connect authentically. Many dry product and bar owners describe dry bars and events as a safe and inviting atmosphere for people who want to have a good time without alcohol. No judgment, no proof.

Fray continues to serve up wellness and support local businesses by partnering with several D.C.-based businesses including Dry Botanical Bubbly, Lyre's Non-Alcoholic Beverages, Binge Bar, Athletic Brewing, Element Shrub, Nope Beverages and Booze Free in DC. Long-time Fray partner, Balance Gym, is also teaming up to help create holistic healthy habits by offering a free month to all DC Fray and District Fray Magazine community members. The combined efforts across industries feeds into Fray's company value of community, innovation and play, and to support local while *making fun possible*.

For additional information about District Fray's Dry January articles or to find booze-free events, visit [DistrictFray.com/Dry-January](https://DistrictFray.com/Dry-January). This new year, serve up a new you with a dry approach to wellness.

### **About District Fray Magazine**

District Fray Magazine is a lifestyle and entertainment publication focused on all facets of modern life in the D.C. area with an emphasis on hyperlocal happenings. We highlight the voices in the District keeping their fingers on the pulse of what makes our city vibrant and unique. Our goal is to be a go-to source that Washingtonians can rely on to stay in the know about what to do in and around the city through the lens of inclusive, eclectic and objective content. Read our content at [www.districtfray.com](http://www.districtfray.com) and follow us on social media @districtfray.com.