**Long caption:**

This October, we’re celebrating Liver Awareness Month 2025 and joining LiverWELL in showing our liver some love! Did you know your amazing liver performs over 500 vital functions every day? Filtering toxins, helping to digest food, regulating metabolism, keeping your body healthy, and many, many more.

Liver Awareness Month is your chance to learn more about how to protect your liver, and prevent liver disease like viral hepatitis, steatotic liver disease (SLD, also known as fatty liver disease) and liver cancer.

Explore resources on hepatitis B & C, SLD, liver health for young people, healthy eating, and more: liverwell.org.au/LAM25

And make sure to show your liver some love.

#LAM2025 #LiverAwarenessMonth

**Short caption:**

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#LAM2025 #LiverAwarenessMonth @LiverWELL

**Other ways to help:**

* Please make sure to tag us in your post!
* Follow us on Facebook, Instagram and LinkedIn (We will follow you back!)
* Repost our content throughout the month

**Thank you for your support during Liver Awareness Month 2025**