## Alcohol & Aging



## Did you know?

As we age, our bodies process alcohol more slowly.

This means we become more sensitive to the effects of alcohol.

It might be time to rethink how you drink.

## Consider drinking less.

Access CCSA's 'Knowing Your Limits with Alcohol' resource to understand what drinking less might mean for you.





Need support to make a change?

Talk to your health care provider.





