# **Alcohol & Aging**



## **Did you know?**

Alcohol can impact your balance, coordination and reaction time. This can increase your risk of falls and other injuries as you get older.

It might be time to rethink how you drink.

### **Consider alcohol alternatives.**

Visit CCSMH's website for tips and delicious mocktail recipes.





#### Need support to make a change? Talk to your health care provider.



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