

# Alcohol & Aging



## Did you know?

Cutting back on alcohol can improve your physical health and mental well-being.

It might be time to rethink how you drink.

**Any reduction makes a difference.**

Visit the CCSMH & CCSA websites to access resources to get started.



Scan the QR code for **CCSMH** resources



Scan the QR code for **CCSA** resources



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