

**NORTHEAST KINGDOM  
Council on Aging**

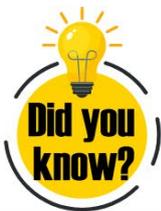
*New directions for living well.*



**AGING & ALCOHOL  
NOT JUST OLDER. WISER.**



**"I'm aging like fine wine.  
Because I know my limits."**



- Alcohol affects the body differently as we age.
- It can interact with common medications.
- Even small amounts can increase fall risks.

Learn more at [nekcouncil.org](http://nekcouncil.org) or call VT Helplink: 800-565-LINK

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