

**NORTHEAST KINGDOM
Council on Aging**



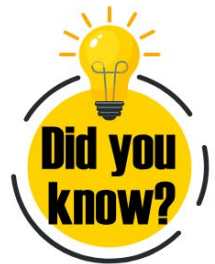
New directions for living well.



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

**“ I’m staying on top of my
health. By ensuring my meds
stay on the same page. ”**

- Our bodies process medications differently as we age.
- Some medications can cause dizziness or balance problems.
- Mixing medications with alcohol can increase health risks.



Learn more at nekcouncil.org or call VT Helplink: 800-565-LINK

This campaign is presented by the Northeast Kingdom Council on Aging in partnership with Northeastern Vermont Regional Hospital and is supported by funding from the Vermont Department of Health Division of Substance Use Programs.