

[YourLifeIowa.org](https://YourLifeIowa.org)

**Put down the drinks.**

**So you can  
savor every  
moment.**

As women age, their bodies can't handle alcohol like they used to, with alcohol-related deaths increasing by nearly 30 percent over the past few years.

Life's full of beautiful moments you don't want to miss. Make sure you're around to make them.

[YOURLIFEIOWA.ORG](https://YourLifeIowa.org) | 855-581-8111



IOWA  
DEPARTMENT  
OF PUBLIC  
HEALTH

[YourLifelowa.org](https://YourLifelowa.org)

**Put down the drinks.**

# So you can savor every moment.

As women age, their bodies can't handle alcohol like they used to, with alcohol-related deaths increasing by nearly 30 percent over the past few years.

Life's full of beautiful moments you don't want to miss. Make sure you're around to make them.

[YOURLIFEIOWA.ORG](https://YourLIFEIOWA.ORG) | 855-581-8111



IOWA  
DEPARTMENT  
OF PUBLIC  
HEALTH