

YourLifeIowa.org

What moments could you miss?

Watching your daughter walk down the aisle. Seeing your son graduate. Even just snuggling on the couch with your significant other after a long day. If you drink, you're putting those moments – and your life – at risk. Especially since women's bodies can't handle alcohol like they used to as they age.

Put down the drinks. Savor the moments.

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