



[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.

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A photograph of a woman with blonde hair hugging her daughter from behind. Both are smiling and looking down. The woman is wearing a dark grey sweater, and the daughter is wearing a light-colored lace dress. The background is blurred, showing an indoor setting with warm lighting.

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# 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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