



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 | 855-581-8111



A photograph of a woman with blonde hair hugging her daughter from behind. Both are smiling and have their eyes closed, conveying a sense of love and connection. The image is overlaid with a semi-transparent orange and purple gradient.

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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.

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