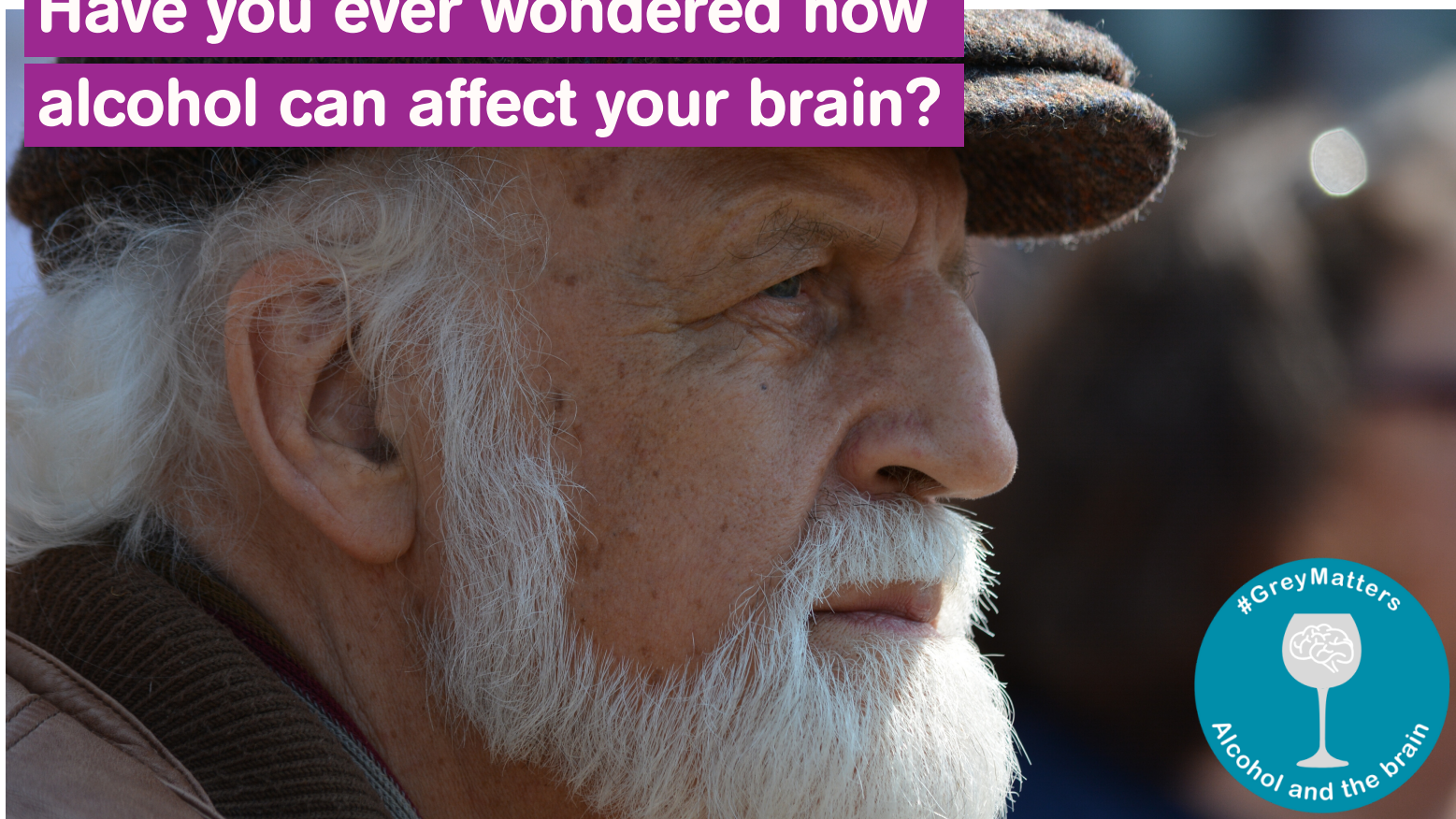


Have you ever wondered how alcohol can affect your brain?



In the short term alcohol can reduce your ability to think, reason and remember

Alcohol can also affect your mental health and lead to low mood and anxiety

Long term excessive drinking can cause Alcohol Related Brain Damage (ARBD)

Someone with ARBD may have low motivation, poor decision making skills, be impulsive and irritable, have short term memory issues, be confused and have problems with walking and movement.

If caught early, as many as 75% of people can experience some degree of improvement

Get in touch with your local GP or health professional for more information. For further help and support, and access to our FREE training and E-Learning on the subject, contact Drink Wise Age Well today!

Get in touch

0800 161 5780

www.drinkwiseagewell.org.uk

#GreyMatters



Yfed
Doeth
Heneiddio'n
Dda



Helping people over 50
make healthier choices
about alcohol as they age