

Wednesday, 01 May 2013

## [Health and Social Wellbeing Improvement](#)



This booklet is for older people (defined as those aged 55 or over) who are worried about their use of alcohol, illegal drugs and /or prescribed/over the counter medications.

Alcohol guidelines changed on 8 January 2016. Please see the latest advice from the four UK Chief Medical Officers on [www.knowyourlimits.info](http://www.knowyourlimits.info)

## Details

Format

A5 booklet

Target group

Older people

## Downloads

Attachment	Size
<a href="#">alchoho_drugs_older_people_booklet.pdf</a>	771.23 KB

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