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[Learn Alcohol Basics: Information for Older Adults](#)

The Virginia Department of Alcoholic Beverage Control has developed a guide for older adults about alcohol use through their Education and Prevention Publication Series. [Learn Alcohol Basics](#) provides information on how to enhance your health and safety as you age. The guide addresses the importance of understanding that physical changes, medicine interactions and other factors may cause dangerous interactions and outcomes from alcohol use. As you age, it is important to consider how your choices can positively and negatively affect the quality of your life.