

FOR RELEASE 09-254
October 30, 2009

Guide on Alcohol and Seniors Now Available

WHITEHORSE – The Yukon Liquor Corporation has released *Alcohol as We Age*, a new booklet aimed at helping seniors, their families and caregivers understand the risks related to alcohol consumption as we age.

“The Yukon Liquor Corporation wants Yukoners to be aware of the risks associated with alcohol consumption so they can make healthy choices,” Minister responsible for the Yukon Liquor Corporation Jim Kenyon said. “The new booklet will raise awareness of the special considerations seniors face when it comes to drinking.”

“This information will help people understand the effects of liquor as we age,” Health and Social Services Minister Glenn Hart said. “The guide provides some healthy lifestyle options such as staying active and staying connected with family and friends.”

Through the Alcohol and Drug Services branch, Health and Social Services provides prevention, detoxification, treatment and outpatient treatment services to Yukoners. Its mission is to help individuals and communities reduce the harmful effects of alcohol and drug use. It partners with other departments to help achieve these goals.

Alcohol as We Age is available free of charge, in English and French, at liquor stores and other locations including seniors centres, health centres, First Nations offices, medical clinics and hospitals throughout Yukon. It is also available on the Yukon Liquor Corporation website at www.ylc.yk.ca. Printed copies are available on request.

For information on the Yukon government’s substance abuse action plan, visit www.substanceabuse.gov.yk.ca.

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