

Symptoms that increase the Risk of dementia development.

Alcohol Consumption

Sometimes people use alcohol to deal with their problems and feelings, these can have long term problems.

Risky levels of drinking can impact on both physical and mental health.

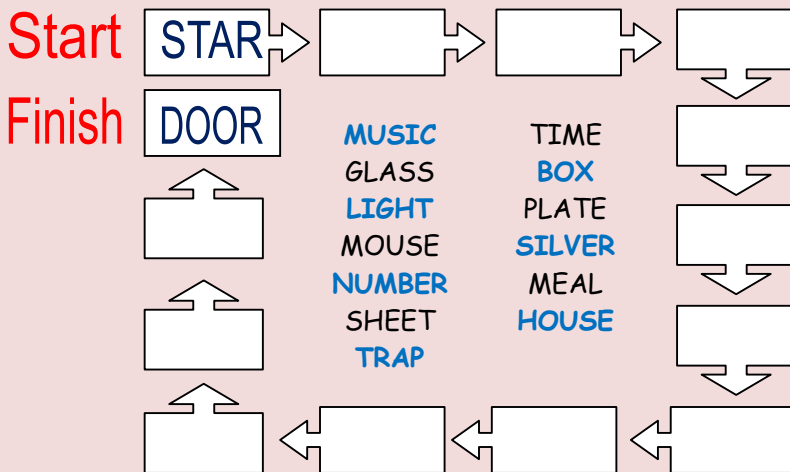
Alcohol has a brief mood-lifting effect, but later causes feelings of depression. Any short-term relief alcohol provides doesn't last and it can result in long-term harm.

The Australian Alcohol Guidelines set out the levels of low risk drinking.

For Men- average of no more than four standard drinks per day.

For Women- average of no more than two standard drinks per day.

String Words!



Starting with the word **STAR**, fill in the blanks using the words in the middle of the puzzle until you reach the word **DOOR**.

Each word must combine with the one before and after it to form a common word or phrase. For example **STAR/LIGHT**, **LIGHT/MEAL** and so on.

When you're finished, you will have one word left over, which is the answer for this puzzle.

The answer for this puzzle will be sent out with next weeks puzzle. Good Luck!

Puzzle 18- Letter Drop! Answer

Heroes Wear Helmets Don't Be A Pussy!

Congratulations to those who solved this puzzle and thank you for emailing your answers through.



Will be featuring at the

Didgeridoo Festival- Gin Gin Qld

Friday 22nd October 2010

Promoting



'Protect Your Head'

Importance of protecting the head to reduce the risks of developing dementia in later life.

- Correct Helmet Fitting
- Influences on the brain
 - Beer Goggles

'Have A Go!'

Encouraging Gin Gin locals to get more actively involved in non-contact sports and recreational activities within the Bundaberg Region.

- Bocce
- Horse Shoe Throwing
- Animal Therapy
- Music



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