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Be Wise



Cannabis and Older Adults

Factual information about cannabis for older adults.

Be Wise, Cannabis and Older Adults is factual information about cannabis for older adults. Easy to understand, written in clear language, the *Be Wise* booklet is meant to help older adults make wise decisions about cannabis use.

Published by Active Aging Canada, research has been gathered from across Canada and around the world about older adults and cannabis. The result of that work is presented in this comprehensive booklet.

Bright, easy to read, the facts about all forms of cannabis are discussed openly,



and the information about cannabis is presented in an objective manner.

As well, throughout the book, Active Aging Canada promotes a message of

moderation and healthy active living.

Authored using Active Aging Canada research, reviewed by experts, tested across Canada, the *Be Wise* booklet is designed to help older adults know the facts about cannabis before they decide whether or not cannabis use is for them.

Be Wise is available in 16 languages (English, French, Farsi, German, Greek, Italian, Korean, Mandarin, Polish, Portuguese, Punjabi, Russian, Spanish, Tagalog, Tamil and Vietnamese) as well as in Braille, e-pub form, and podcasts.

Active Aging Canada is a national charity.

Be Wise
Cannabis and Older Adults

Older Canadians and cannabis use
Facts about cannabis
Cannabis and the law
Therapeutic benefits
Side-effects and risks
Aging and cannabis
Talking to your doctor
Dosing and your health condition

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