

## Alkoholfreie Lebensweise im Alter



Fotoquelle: Microsoft 365

Abonment

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Eine alkoholfreie Lebensweise im Alter ist empfehlenswert. Ältere Menschen sind auf Grund körperlicher Veränderungen schneller betrunken, sie vertragen den Alkohol schlechter. Die Vorteile, ohne Alkohol im Alter zu leben ist eine verbesserte körperliche und geistige Verfassung. Ein besserer Schlaf und eine höhere Lebensqualität. Es ist wichtig Alternativen zum Alkohol zu suchen, z.B. Sport, Spieleabende, Freunde, soziale Kontakte usw.  
.....und eines darf man nicht vergessen:

DIE GESUNDHEIT

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**Alkoholfreie Lebensweise im Alter**

**Dieses Seminar beginnt am 17.10.2026 um 01:00 Uhr  
und endet um 18:00 Uhr**

**Der Anmeldeschluss für diese Seminar ist der 17.09.2026**

Es sind noch 15 von 15 Plätzen frei.

Bitte melden Sie sich an.

### **Seminarleitung:**

Ulrich Czerwanski

### **Veranstaltungsort:**

Begegnungs- und Servicecenter Bockenheimer Treff  
Am Weingarten 18-20 (im Hof)  
60487 Frankfurt am Main

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"location\_str" => "Am Weingarten 18-20 (im Hof)"

"location\_plz" => "60487"

"location\_ort" => "Frankfurt am Main"

"location\_link" => ""

"location\_contact" => "Ulrich Czerwanski"

"location\_mail" => "seminare@kreuzbund-dv-limburg.de"

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"robots" => ""
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"author_mail" => "steffen.fachinger@online.de"
"date" => "17.10.2026"
"time" => "01:00–18:00"
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"load" => "lazy"
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]
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this: CgoIt\CalendarExtendedBundle\ModuleEventReader {#1103 ...}
use: {
$Id: 1058
}
}
"hasDetails" => Closure() {#1157}
class: "CgoIt\CalendarExtendedBundle\ModuleEventReader"
this: CgoIt\CalendarExtendedBundle\ModuleEventReader {#1103 ...}
use: {
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}
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"mini" => 5
"maxi" => 15
"curr" => 0
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"info" => "Bitte melden Sie sich an."
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class: "CgoIt\CalendarExtendedBundle\ModuleEventReader"
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}
}
]
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