



CARFit

Helping Mature Drivers Find Their Safest Fit

CarFit is a **FREE**, interactive and educational program that teaches older adults how to make their personal vehicle “fit” for maximum safety and comfort when they hit the road.

The CarFit program:

- Provides information designed to help you strengthen your driving abilities.
- Reviews key “fit” concerns—safe distance from air bags, side mirror adjustments, seat belt adjustment, proper seat height & head restraint positioning to help optimize safety.
- Provides information on how to use safety features on your vehicle for maximum protection.

This is not a driving test or mechanical inspection. The goal of the checkup is to help you learn how to keep you driving safely as you age. Each CarFit checkup takes about 20 minutes and is available by appointment.

When: Friday, September 16th
10:00-1:00 p.m.

Where: Senior Center
535 E. Franklin St.
Hagerstown, MD

Session offered by appointment only!



Call to make your 20 minute CarFit Checkup appointment today!

240-313-3203



Event Sponsored by:



*CarFit is an educational program developed by AAA, AARP, and the American Occupational Therapy Association.