



CARFit

Helping Mature Drivers Find Their Safest Fit

AOTA The American Occupational Therapy Association, Inc.



AARP
Driver Safety

Discover your perfect “fit.” Attend a **FREE** CarFit Checkup!

CarFit is a FREE, interactive and educational program that teaches participants how to make their personal vehicle “fit” them to increase safety and mobility when they hit the road.

- > Review 12 key areas of your fit to your car such as adequate space from the steering wheel, proper seat belt use, and properly adjusted head restraints.
- > Learn how to use and adjust your safety devices.
- > Each checkup takes about 20 minutes — this is not a driving test or mechanical inspection.

For more information, visit www.car-fit.org.

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

CarFit Comes to Tappahannock