

CarFit

Helping Mature Drivers Find Their Perfect Fit



HOW DOES YOUR CAR FIT YOU?

CarFit is a hands-on program to check how you fit safely in your car. It was created by the American Society on Aging and developed in collaboration with AAA (American Automobile Association), AARP, and the American Occupational Therapy Association.

WHAT: FREE CHECK-UP FOR PEOPLE 50 & OLDER

Trained professionals will lead you through a 20-minute, 12-point checklist with you and your vehicle and recommend vehicle adjustments and adaptations that could make your vehicle “fit” you better and enhance your safety. An occupational therapist will also be on site to provide information on adapting your vehicle to your driving profile. The names of participants in this CarFit program will not be shared with anyone.

WHY: To keep adults driving safely for as long as possible.

WHO: Licensed drivers age 50 and older who own a registered vehicle.

WHEN: Thursday, May 26, 2011, 9:00 am – 12:00 pm by appointment.
Please call Mission Oaks Community Center at (916) 972-0336 to reserve a spot.

WHERE: Mission Oaks Community Center
4701 Gibbons Drive
Carmichael, CA 95608

**CARFIT IS SPONSORED BY
AREA 4 AGENCY ON AGING,
MISSION OAKS RECREATION & PARK DISTRICT, AND ESKATON**



CARFIT IS ENDORSED BY THE SACRAMENTO COUNTY ADULT AND AGING COMMISSION