



# CARFit



Helping Mature Drivers Find Their Safest Fit



The American Occupational Therapy Association, Inc.



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.

**To schedule your 20-minute appointment, please call the appropriate number listed on the right. Appointment spaces are limited, so don't wait!**

For more information, visit [www.car-fit.org](http://www.car-fit.org).

## AARP Driver Safety's CarFit Event

**Thursday, March 28**

**10:00 - 12:00**

Via Health, Fitness and Enrichment Center  
Arlene F. Mitchell Campus

1717 Dauphin Street  
Mobile, Alabama 36604

**(251) 478-3311**

Sponsored by the University of South Alabama  
Department of Occupational Therapy

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