

 **TriHealth** presents:

# CarFit

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

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.



## Upcoming CarFit Event

Thursday, November 13, 2025  
2:00 p.m. – 3:40 p.m.

City of Wilmington Safety Center  
2415 Rombach Avenue  
Wilmington, Ohio 45177



Reserve online at  
[TriHealth.com/SeniorityClasses](https://www.trihealth.com/SeniorityClasses)  
or call 513 569 5400

*Reserve your spot today.  
Space is limited.*

**CARFIT** 

Helping Mature Drivers Find Their Safest Fit

**AOA** American Occupational Therapy Association

**AARP**