



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.



Helping Mature Drivers Find Their Safest Fit

AOA American Occupational Therapy Association

AARP



Upcoming CarFit Event

Thursday, October 1, 2026
1:30 p.m. – 3:10 p.m.

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



Reserve online at
TriHealth.com/SeniorityClasses
or call 513 569 5400

*Reserve your spot today.
Space is limited.*