



# 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, October 16, 2025  
10 a.m. – 12 p.m. (Noon)

Blue Ash Fire Department  
10647 Kenwood Road  
Blue Ash, Ohio 45242



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

*Reserve your spot today.  
Space is limited.*