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FOR INCLUSION IN CHURCH BULLETIN

Mount Mary College Hosts ‘CarFit’ For Older Adults

Free 20-minute check-up promotes driving safely longer

MILWAUKEE (September 26, 2012) – Mount Mary College will host ‘CarFit,’ a free educational program for older adults who are still driving, on Monday, October 8, 2012 from 10:00 a.m. to Noon at Community United Methodist Church located at 14700 W. Watertown Plank Road in Elm Grove, WI. The program is sponsored by AARP Wisconsin, the American Automobile Association (AAA), the American Occupational Therapy Association (AOTA) and Mount Mary College Occupational Therapy students and faculty.

A team of trained volunteers will be on hand to walk drivers through a 12-point checklist on driving and vehicle safety. Tips to increase safety and comfort while driving will be covered including adjusting mirrors to eliminate blind spots, positioning seats for proper pedal access, and adjusting steering wheels for airbag safety. Occupational therapists will also be available to demonstrate helpful devices such as wedge cushions, seat belt extenders, gas cap wrenches and items that can assist with safely entering and exiting vehicles.

Space is limited. Please contact Kathy Alexander at (414) 258-4810, ext. 411 for more information, or to register. For more information on Car-Fit visit www.car-fit.org.

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Mount Mary College, founded in 1913 by the School Sisters of Notre Dame, was Wisconsin’s first four-year, degree-granting Catholic college for women. Located on an 80-acre campus in Milwaukee, the College offers more than 30 undergraduate majors for women and eight graduate programs for women and men. Mount Mary also emphasizes study abroad, service learning, and social justice initiatives. Its nearly 1900 students enjoy small class sizes (average 14) and over 90 percent of full-time students receive financial aid or scholarships. Through classroom instruction and community service, Mount Mary develops women to be leaders in their professions and their communities, serving as role models to inspire achievement in others. Visit Mount Mary at www.mtmary.edu.

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