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## **Going Places: Safe Driving as You Age**

Date and Time

Monday 9/25/2017 10:30am to 2:00pm

Event Region

Northern Virginia

Event Type

Conference

RSVP Info

RSVP to Gina Cocomello at 703-537-3070 or call [ginac@nvrides.org](mailto:ginac@nvrides.org)

Event Description

NV Rides Presents...

Going Places: Safe Driving as You Age

Monday, September 25, 10:30am- 2pm

Join us in Alexandria as NV Rides will host workshops offering tips and best practices to help you stay on the road safely, and for as long as possible.

It is normal for driving abilities to change as we age. Reducing risk factors and incorporating safe driving practice can help adults to continue to drive long into their senior years. Join us for a morning of workshops to learn how to stay safe on the road, and to know how to assess when the time is right to stop driving. Workshop highlights will include steps you can take to ensure safety, how to keep your mind and body healthy, the latest in adaptive equipment, how to use technology to find rides, keeping your body and mind healthy, how to help your non-driving neighbors, and how to find safe and reliable transportation when it is time to hang up the keys. The event will include a vendor fair to showcase services available to older adults. A light lunch will be provided. If you plan to stay for lunch, an RSVP is requested for planning purposes. RSVP to Gina Cocomello at 703-537-3070 or call

[ginac@nvrides.org](mailto:ginac@nvrides.org)

Location: Beatley Central Library, 5005 Duke Street, Alexandria, VA 22304

Cost: FREE

Event Image or Sponsor Logo

Image

