

NV Rides Presents Safe Driving as You Age



Thursday, May 17

9:30 am-1:30 pm

Cost: Free

Location: Lord of Life Lutheran Church, 13421 Twin Lakes Drive Clifton, VA

The NV Rides program supports a network of volunteer driver programs, and is a partnership between the Jewish Community Center of Northern Virginia (the J), Fairfax County, and Jewish Council for the Aging (JCA).

This program is co-hosted by NV Rides and Shepherd's Center of Western Fairfax County, with sponsorship from Innovation Health.

Join us in Clifton as NV Rides hosts a morning of workshops presented by experts in their field offering tips and best practices to help you stay on the road safely, and for as long as possible. Learn how to stay safe on the road, and to know how to assess when the time is right to stop driving.

Workshop highlights 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
- How to find safe and reliable transportation when it is time to hang up the keys
- The event will include an exhibitor 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

Cost: Free



For more information and to RSVP, please contact Gina Cocomello by calling 703-537-3070 or email GinaC@NVRides.org