
PARKS AND RECREATION DIVISION

FOR IMMEDIATE RELEASE

For more information contact:

Debbie Kraus, Senior Center Manager

608-364-2875

krausd@beloitwi.gov

Grinnell Hall Senior Center Hosting AARP Driver's Safety Class

March 6, 2019 - Grinnell Hall Senior Center is pleased to announce that it's hosting an AARP driver's safety class this month. Class participants will learn the current rules of the road, defensive driving techniques and how to operate their vehicle more safely in today's increasingly challenging driving environment.

Additionally, this class will cover how drivers can manage and accommodate common age-related changes in vision, hearing and reaction time. Plus, class participants may be eligible to receive an insurance discount upon completing the course, so they should consult their insurance agent for details.

The class will cover:

- Research-based safety strategies that can reduce the likelihood of having a crash
- Proper use of seat belts, air bags, antilock brakes and new technology found in cars today
- Ways to monitor your own and others' driving skills and capabilities
- The effects of medications on driving
- The importance of eliminating distractions, such as eating, smoking and using a cellphone

Nine in ten course participants report changing at least one key driving behavior for the better as a result of what they learned in the course and eight in ten participants felt that information they learned in the course has prevented them from being in a crash.

The course will be held from **noon to 4 p.m. Tuesday, March 19**, at Grinnell Hall Senior Center, 631 Bluff St. The cost is \$15 for AARP members and \$20 for non-members.

"Cars have changed. So have traffic rules, driving conditions and the roads you travel every day," said Debbie Kraus, senior center manager. "Some drivers, age 50-plus, have never looked back since they got their first driver's license, but even the most experienced drivers can benefit from refreshing their driving skills."

To pre-register, call Grinnell Hall Senior Center at 608-364-2875.

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