

SIT ^{AND} BE FIT

MEET OUR 1100 SERIES SPONSOR



Keep Driving®

Maintaining Freedom and Independence
www.keepdriving.com

About our Sponsor

Keep Driving is a company dedicated to helping older drivers to drive safely as they age and to maintain their freedom and independence.

An important component in maintaining a healthy and happy lifestyle is the ability to be mobile. To be able to take care of yourself; go to the doctor's office, the grocery store, visit friends and family, and to do what you want to do.

One of the fears of an aging population is the fear of losing one's drivers licenses and along with it freedom and independence. When that happens the impact is felt by the entire family and it can be devastating, especially to the ex-driver who is now dependant on others for basic transportation..

The Keep Driving Program was developed by bringing together top people in their respective fields of senior mobility, senior nutrition and cognitive health.

The impediments to driving as we age were identified and programs were developed to address each of the issues that keep senior citizens from driving as safely as desired.

By regularly utilizing the tools available to Keep Driving our users can stay more active, eat healthier; keep that mental edge and Keep Driving. Not only does Keep Driving help people drive more safely, it improves the overall quality of the user's life in almost every aspect.