



Sometimes a long drive seems like just the thing to calm you down. In reality, driving while angry or upset could be the worst thing you can do. The effects of driving angry are like driving drunk: your judgment is off, you may be “amped up” and you don’t realize that you’re flooring the gas pedal. Prevent an ugly situation from getting uglier; stay away from anything with wheels until you have calmed down.

Topics include:

- **Identification of aggressive driving behavior**
- **Consequences of aggressive driving**
- **Prevention of aggressive driving-related incidents**
- **Lifelong driver self-improvement**

This interactive two-hour class provides the tools necessary for modifying aggressive driving behavior and enhancing safe driving skills. Additionally, attendees will learn about misconceptions associated with the proper operation of a vehicle and about proper adherence to state traffic laws.

2 Hour Course