



Are You NEW to Exercise??

Bingo + Exercise = Bingocize

A fun 10-week health promotion program that combines the game of bingo with inclusive exercises for everyone!



BingoCize® is a health promotion program that combines the game of bingo with inclusive exercises for everyone! Come play bingo and meet new people while learning about how to reduce your risk of experiencing a fall. BINGOCIZE® IS EXERCISE FOR YOUR MIND, BODY, AND SPIRIT!

Are you interested?

Please sign up to find out more.

Dates and locations to be determined

Call to register

269-441-0948

**FREE
PRIZES
LOTS
OF
SMILES**

