



Bingocize is a multi-week program. All times 10 a.m.
Session I is March 9th, 14th, 16th, 21st, 23rd, 28th

Session II is March 30th, April 6th, 11th, 13th, 18th, 20th

LOOKING FOR A FUN WAY TO BE MORE ACTIVE?

Bingo + Gentle Exercises = BINGOCIZE®
Bingocize® is a health promotion program that combines the game of bingo with fall prevention exercises (seated or standing). Come play bingo and meet new people while learning about techniques to reduce falls and increase cognition. **Bingocize® is exercise for your body, mind, and spirit.**

JOIN THE FUN!!



**Come Join the
FUN!
Begins
March 9th
10 am
Upstairs Meeting
Room Wayne Co.
Extension Office**

**Registration
Required so we can
be prepared for you!
606-348-8453**

Free prizes

Open to everyone!

Free smiles 😊

When you call tell us
which session you are
going to participate in,
I or II.

