



Bingo + Exercise = Bingocize

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



**FREE
PRIZES
& FUN**



- 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!

LOCATION: Generations Office (Room 320-Third floor)

1019 N. 4th St., Vincennes, IN 47591

WHEN: Tuesdays & Fridays 10am-11am

May 20, 23, 27, 30

June 3, 6, 10, 13, 17, 20, 24, 27

July 1, 3, 8, 11, 15, 18, 22, 25 (4th is a holiday)

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