

BINGOCIZE®

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!

Where: Generations (Floor 3 - Room 320)

1019 N 4th St., Vincennes, IN 47591

When: Tuesdays and Thursdays, 1:00 pm-2:00 pm

April 16, 18, 23, 25, 30

May 2, 7, 9, 14, 16, 21, 23, 28, 30

June 4, 6, 11, 13, 18, 20

Contact Cathy Jones to register

812-888-5159 or

catherine.jones@vinu.edu

**FREE
PRIZES
LOTS
OF
SMILES**

USIGWEP
Geriatrics Workforce
Enhancement Program

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