

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: YMCA Bettye J McCormick Senior Center
209 Prospect Ave, Vincennes, IN 47591

When: Tuesdays and Thursdays, 11:00 am-12:00 pm

April 2, 4, 9, 11, 16, 18, 23, 25, 30

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

June 4, 6

Contact Cathy Jones to register
812-888-5159 or
catherine.jones@vinu.edu

**FREE
PRIZES
LOTS
OF
SMILES**

USIGWEP
Geriatrics Workforce
Enhancement Program

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$3,691,706 million with zero percentage financed with nongovernmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.