

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: Washington Towers

520 SE 2nd St., Washington, IN

When: Mondays and Wednesdays, 11:00 am-12:00 pm

April 22, 24, 29

May 1, 6, 8, 13, 15, 20, 22, 27, 29

June 3, 5, 10, 12, 17, 19, 24, 26

Contact Cathy Jones to register

812-888-5159 or

catherine.jones@vinu.edu

USIGWEP
Geriatrics Workforce
Enhancement Program

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