

# 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: The Villages at Oak Ridge

1694 Troy Rd, Washington, IN 47501

When: Mondays and Wednesdays, 1:00 pm-2:00 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](mailto:catherine.jones@vinu.edu)

**FREE  
PRIZES  
LOTS  
OF  
SMILES**

**USIGWEP**  
Geriatrics Workforce  
Enhancement Program

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