

Are you tired of traditional exercise programs that are not enjoyable and ready to try something NEW and FUN? Join us and come play...



**Bingocize®** offers you a unique solution that combines exercise, health education, and the familiar game of bingo in a fun way to get you moving and socializing.

**The goals of the program are to help you:**

- Improve and/or maintain your mobility and independence
- Learn and use health information focused on falls reduction and other health-related behaviors
- Engage with other older adults in social settings or virtually

**Who can participate?**

The program targets sedentary older adults at all ability levels, in a variety of settings, including nursing facilities, assisted living, independent living, and community senior centers.

**What are the benefits of participating?**

- Improved lower/upper body strength, gait, balance, and range of motion
- Improved cognitive function
- Increased social engagement
- Improved knowledge of falls risk reduction and other important health topics

**We have three modules from which to choose (also available in Spanish)**

- Exercise Only OR
- Falls Prevention OR
- Nutrition

**How long is it?** Participants play Bingocize® for one hour 2 times per week for 10 weeks.

**How can I participate?** Bingocize® can be played from the comforts of your home or in a traditional face-to-face setting.

**How do I join a class?** Call the number below or email for more information.