



Looking for a fun, safe way to be more active?

*Give BINGOCIZE® a try!*

**BINGOCIZE®** is a 10-week health promotion program that combines the fun of bingo and the importance of health education. During a game of bingo, participants perform simple exercises and answer questions about health and fall prevention.

Come join the fun, meet new people and learn techniques to reduce falls!

### **Bingocize – Exercise**

**Village of Golf Manor (Municipal Building)**

6450 Wiehe Rd. Cincinnati, 45237

Mondays and Thursdays | 6:00 p.m. – 7:00 p.m.

June 17 – August 26<sup>th</sup>

(No workshop on July 4<sup>th</sup>)

Note: Transportation may be available through July 15<sup>th</sup>.



To register for this free workshop, visit

[www.help4seniors.org/workshops](http://www.help4seniors.org/workshops)

or call (513) 345-8637.

