



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!

Golf Manor Municipal Building

6450 Wiehe Road Cincinnati, Ohio 45237

Tuesdays and Thursday s | 06:00 p.m. – 7:00 p.m.

September 24 – December 03, 2024 (November 28 No class
Thanksgiving)

Registration closes September 18

**Transportation is available(Hamilton County Public Health District
area only)**



To register for this free workshop, use your smartphone camera to scan the QR code, or call (513) 345-8637.

