



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 nutrition.

Come join the fun and meet new people!

Bingocize – Nutrition

Trinity Lutheran Church

1553 Kinney Ave., Cincinnati, 45231

Tuesdays and Thursdays | 1:30 – 2:30 p.m.

October 7 – December 16th

Online registration closes: Sept. 30, 2025

Free Transportation (workshop only) is available for participants in Hamilton County Public Health District. Call Brittaney Burton at (513)345-8637.



To register for this **FREE** workshop, visit

www.help4seniors.org/workshops

or call (513) 345-8637.

