



LOOKING FOR A FUN WAY TO BE MORE ACTIVE?

Bingo + Gentle Exercises = BINGOCIZE®

Bingocize® is a 10-week health promotion program that combines the game of bingo with fall prevention exercises. Come play bingo and meet new people virtually while learning about techniques to reduce falls. **Bingocize® is exercise for your body, mind and spirit.**

JOIN THE FUN!



Call the Health Promotion Team at AgeOptions at (800)699-9043 for more information or email ilpthreferral@ageoptions.org

Come join the
FUN!

Every Tuesday
and Thursday

March 16 – May 20
1:00 PM – 2:00 PM

PLAY

from the comfort
of your home!

Win
PRIZES

SMILES

Galore!

[Click here to](#)
REGISTER

Or register online
bit.ly/bingocize