

# LOOKING FOR A FUN, NEW WAY TO BE MORE ACTIVE?



**Bingo + Exercise = Bingocize®**



BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls.

**COME JOIN THE FUN!**

**WHEN:**

Tuesdays & Thursdays  
October 24<sup>th</sup> –  
January 18<sup>th</sup>

**WHERE:**

CHI Health Wellness Center  
401 6<sup>th</sup> Street  
Corning, IA

**TIME:** 11:00 am - 12:00 pm

**\*Attendance at First Class is  
REQUIRED to participate**

**FREE CLASSES –  
OPEN TO THE PUBLIC**



**Class size is LIMITED -  
Registration is Required!!**

**To Register, Please Contact:**

**Nikki @ 800-432-9209, Ext.8710  
ncorderman@connectionsaaa.org**

**OR**

**Cena @ 641-322-4471  
cenadanielson@commonspirit.org**