

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:

**Mondays & Wednesdays
August 2nd –
October 18th**

WHERE:

**Vintage Park Apartments
810 E. Van Buren Street
Lenox, IA**

TIME: 9:00 am - 10:00 am

***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

**Crystal @ 712-523-3405
crystal.drake@taylorcountyhealth.com**