

# 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 2<sup>nd</sup> –  
October 18<sup>th</sup>

WHERE:

Bedford Community Housing  
Community Room  
1504 Madison Avenue  
Bedford, IA

TIME: 1:30 pm - 2:30 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

Jane @ 712-542-7331