

# 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!**

**We meet every week!**

**WHEN: Every Tuesday starting February 1<sup>st</sup> through April 5<sup>th</sup>, 2022**

**WHERE: Zoom  
Meeting ID: 896 8556 5519  
Dial-In: (669) 900-6833**

**TIME: 12:00 PM (Noon) to 1:00 PM**

**To register, please call or email Marcella at (559) 513- 5183 or [mmcintosh@fresnohousing.org](mailto:mmcintosh@fresnohousing.org)**

