



El Dorado County Health and Human Services Agency SENIOR HEALTH EDUCATION PROGRAM

LOOKING FOR A FUN WAY TO BE MORE ACTIVE?

Bingocize® is a health promotion program that combines the game of Bingo with Fall prevention exercises (seated or standing). Come play Bingo and meet new people while learning about techniques to reduce falls and increase cognition.

Bingocize® is exercise for your body, mind, and spirit.

BINGOcize!!



BINGO!!!

Bingo + Gentle Exercises = BINGOCIZE®

COME JOIN THE FUN!!!

Meets Two times a week

Open to Folks 60 and older.

FREE SMILES

For more Information contact:

530-621-6192 or 530-621-6151



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