

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

## JOIN THE FUN!

**WHEN:** Tuesdays and Thursdays, June 7-August 11

**WHERE:**

Prairie Home Dining Room

**TIME:** 2:00pm-3:00pm



### TRY BINGOCIZE®!

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.

