

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



Bingo + Exercise = Bingocize®

BINGOCIZE® is a **FREE** 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.

To register: Call Jodie Houser, PWAAA Program Coordinator at: 571-241-3925 or email at jhouser@pwcgov.org

**COME JOIN THE FUN!
PLAY BINGO, LEARN about
FALL PREVENTION,
EXERCISE AND WIN
PRIZES!**

We meet 2 days a week on Tuesdays and Thursdays for 10 weeks! Play online or use a phone.

WHEN: Oct. 5, 7, 12, 14, 19, 21, 26, 28, Nov. 2, 4, 9, 11, 16, 18, 23, 30, Dec. 2, 7, 9 and 14.

WHERE: A place of your choosing.

TIME: 2 p.m.-3 p.m.



PRINCE WILLIAM
Area Agency on Aging