



# A Fun Fusion of Fitness, Health, & Bingo

## Why Bingocize®?

Staying active and learning about health can be lively and fun! Bingocize® blends gentle exercise, health education, and bingo to keep adults engaged. Participants will:

- Boost mobility and independence
- Learn practical tips for fall prevention
- Connect and socialize in a vibrant group

## What to Expect?

Certified leaders guide gentle exercises and health discussions—while playing bingo:

- Meets twice a week for 10 weeks
- 1 hour per session
- Exercise, education, and bingo combined for maximum engagement
- Designed for adults who want to stay active, informed, and connected

This program builds confidence, connection, and wellness in an interactive way. Adaptable for all fitness levels. Regular attendance ensures the best benefits

## Check for Upcoming Workshops

Visit us online or give us a call!

[adrcofbrowncounty.org](http://adrcofbrowncounty.org)

920-448-4300

Registration is required and space is limited!

**\$35 Suggested Donation** Thanks for being part of our class! Although the suggested donation is \$35, the true value is \$235, and any additional support helps cover costs and expands future opportunities.



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