



Bingo + Trivia + Exercise



**PRIZES
& FUN**

- BingoCize® is a health promotion program that combines the game of bingo with inclusive exercises for everyone! Come play bingo and meet new people while learning about how to reduce your risk of experiencing a fall.
- BINGOCIZE® IS EXERCISE FOR YOUR MIND, BODY, AND SPIRIT!

INTRO TO BINGOsize

LOCATION: WILLIAM T MURPHY WELLNESS CENTER

WHEN: TUESDAYs & THURSDAYs @ NOON

MARCH 3- MAY 7, 2026

LOCATION: Dining Room

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