

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



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.

COME JOIN THE FUN!

We meet every week!

WHEN: Wednesdays from December 15, 2021 to February 16, 2022

WHERE: Wyoming Medical Center, NERD Health and Wellness Center
(enter from visitor parking lot)

TIME: 9:00am – 11:00am

PRE-REGISTRATION REQUIRED. CLASS SIZE LIMITED TO 8. Please contact Heather McDonald at 307-577-2581 or heather.mcdonald@bannerhealth.com to sign up.

