

# 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 March 16, 2022 to May 18, 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](mailto:heather.mcdonald@bannerhealth.com) to sign up.

