

# FALL PREVENTION WORKSHOP



**BINGO + EXERCISE = BINGOCIZE**

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

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!

**JOIN THE FUN!**

*Where:* **First Baptist Church**  
8515 SE Church Street  
Hobe Sound, FL 33455

*When:* **Mondays and Wednesdays**  
June 3rd - August 7th, 2024

*Time:* **10:00am-11:00am**

**To Register call Frank Jackson  
at: 772-834-4236**

- Free Prizes
- Open to Everyone
- Free Smiles!

