

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: **Royal Palm Beach Cultural Center**
151 Civic Center Way, Royal Palm Beach,
FL 33411

When: **Tuesdays and Thursdays**
June 25th - August 29th, 2024 (no class 4th of July)

Time: **10:30a.m.-11:30a.m.**

**For more information and how to register please call:
561-790-5124**

- Free Prizes
- Open to Everyone
- Free Smiles!

