



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!



**TUESDAYS AND FRIDAYS
MARCH 11 – MAY 16, 2025
FROM 10:00AM-11:00AM**

WORKSHOP LOCATION



1090 NE JENSEN BEACH BLVD., JENSEN BEACH, FL 34957



TO REGISTER, PLEASE VISIT: WWW.HOHMARTIN.ORG/JENSENBEACHCENTER OR CALL 772-286-4673 EXT. 1400

