



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!



MONDAYS AND WEDNESDAYS

MAR. 24 – MAY 28, 2025

FROM: 10:00 AM-11:00 AM

VILLAGE OF WELLINGTON COMMUNITY CENTER

12150 FOREST HILL BLVD.,

WELLINGTON, FL 33414

TO REGISTER, PLEASE CALL : 561-753-2484

