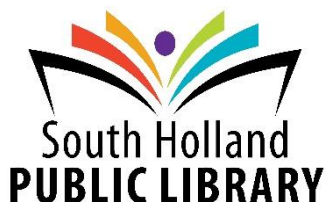


LOOKING FOR A FUN WAY TO BE MORE ACTIVE?

Bingo + Gentle Exercises = BINGOCIZE®

Bingocize® is a 10-week program that combines the game of Bingo with fall prevention exercises. Come play Bingo and meet new people all while learning about techniques to reduce falls. **Bingocize® is exercise for your body, mind and spirit.**

To register by phone, call the Health Promotion Team at AgeOptions at (800)699-9043. For more information email info@ilpathwaystohealth.org



Come join the

FUN!

Wednesdays and Fridays
Oct. 13 – Dec. 17*
2:30 – 3:30 pm

PLAY

from the comfort
of your home via Zoom!

Register online:

bit.ly/SHpublib

Or meet in person at
South Holland Library
16250 Wausau Avenue
South Holland, IL

Win

PRIZES

~

SMILES

Galore!

*Week of Thanksgiving, Bingocize will meet
Monday, November 22, 10:30 – 11:30 am
Wednesday, November 24, 10:30 – 11:30 am