

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



**Bingo + Exercise =
Bingocize®**



BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls.

COME JOIN THE FUN!
Where: Tuxedo Train
Station Community Room

When: Jan. 21-March
27, 2025

Tues & Thursday at
10:30 AM

Each session is 45-60
minutes

To register contact:

Melanie Tanner
Office for the Aging
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Goshen, NY 10924
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Steven M. Neuhaus
County Executive

