



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 THURSDAYS**

**MAY 20 – JULY 24, 2025**

**FROM 10:00AM-11:00AM**

### WORKSHOP LOCATION:

NORTH COUNTY SENIOR CENTER

5217 NORTHLAKE BLVD., PALM BEACH GARDENS, FL 33418

**Must  
attend  
both days**



**TO REGISTER:  
561-694-5435**

