

BINGO + EXERCISE = BINGOCIZE

FREE 10-week Health Promotion program for older adults age 60+ that combines Bingo with inclusive exercise.

Learn about important topics while you have fun, exercise, and win prizes!

Workshops focus on one of three subjects:

- Fall Prevention
- Nutrition
- General Exercise

Jan. 27 — April 7, 2025 (no class 2/17/24) Mondays, 10am—11am

The Salvation Army 300 N. Main St. | Elkhart, IN 46516



Program provided by funding through the Indiana Family and Social Services Administration through the Older Americans Act. REAL Services, Inc., believing in the dignity of all people, provides services without regard to race, age, color, religion, sex, gender identity, disability, national origin, ancestry, political affiliation or belief, familial status or status as a veteran.

SCAN QR CODE



ALTH EDUCATIC

To register scan the QR code or call 574-284-7132!