



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

August 1, 2025 — October 3, 2025 Fridays, 10:00am—11:00am

Portage Commons Senior Enrichment Center 133 N. William Street | South Bend, IN 46601 **SCAN QR CODE**





