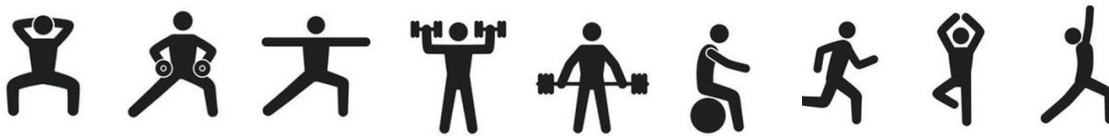




BINGO + EXERCISE = BINGOCIZE



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!

Workshops focus on one of three subjects:

- ♦ Fall Prevention
- ♦ Nutrition
- ♦ General Exercise

Space is limited for this FREE program.

Please pre-register online,
by calling (574) 284-7132, or using the QR code:

January 22 — March 26, 2026
Thursdays, 10:30am—11:30am

Goshen Library
Anna M. Shrock Auditorium
601 S 5th St. | Goshen, IN 46526



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

HEALTH EDUCATION



Program may be provided in part by funding through the Indiana Family and Social Services
Administration through the Older Americans Act.