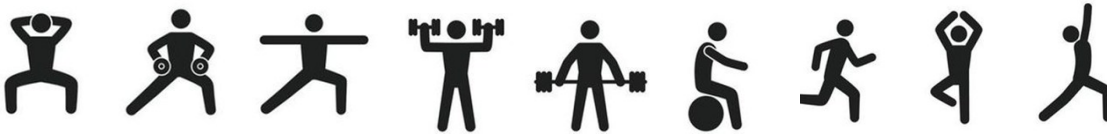




BINGO + EXERCISE = BINGOCIZE



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

Please call (574) 284-7132 or scan the QR code to pre-register.

July 15 - Sept 16, 2026

Wednesdays at 1pm

Portage Commons
Senior Enrichment Center
133 N William St. | South Bend, IN 46601



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.