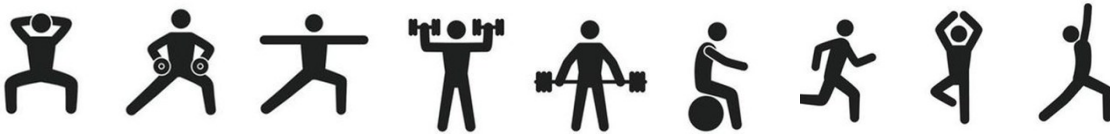




BINGO + EXERCISE = BINGOCIZE



FREE 6-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
- ◆ Universal Wellness

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



August 19 - September 23, 2026
Wednesdays, 10am - 11am

OWLS Club

2715 E Jackson Blvd. | Elkhart, IN 46516



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

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

HEALTH EDUCATION