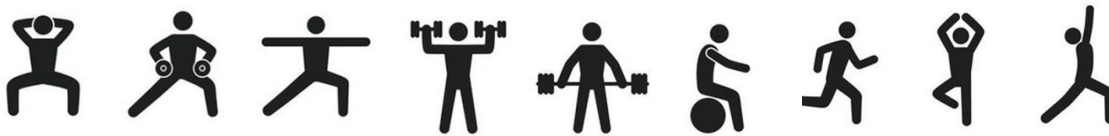




BINGO + EXERCISE = BINGOCIZE



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.

September 23 - October 28, 2026
Wednesdays, 1:30pm - 2:30pm



REAL Services Nutrition Site
108 N. Harrison St. | Silver Lake, IN 46982



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