BINGOcize®

LOOKING FOR A NEW FUN ACTIVITY?

BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with falls prevention exercise.

Bingo + Exercise = Bingocize

STARTING TUESDAY, FEBRUARY 9TH

We will play each Tuesday & Thursday at 1 pm over ZOOM video.
You can join conveniently from home using your own device and Internet.

Pre-registration is required.
To sign up please contact Sofia at 778-2115.

© Western Kentucky University Research Foundation 2019: All Rights Reserved