

THE CAMDEN COUNTY BOARD OF COMMISSIONERS PRESENTS:

# VIRTUAL

**PLAY!  
LAUGH!  
MOVE!  
LEARN!**



**LOOKING FOR A FUN WAY  
TO BE MORE ACTIVE?**

**Bingo + Gentle Exercises = BINGOCIZE®**

Bingocize® is a health promotion program that combines the game of bingo with fall prevention exercises (seated or standing).

Come play bingo and meet new people while learning about techniques to reduce falls and increase cognition. Bingocize® is exercise for your body, mind, and spirit.

**JOIN THE FUN!!**

Starting **March 15, 2022** we will meet virtually every Tuesday and Friday:

**Session 1: 10:30 AM to 11:30 AM**  
or **Session 2: 1:30 PM to 2:30 PM**

**FREE PRIZES • OPEN TO EVERYONE!**

To register, go to:  
<https://bit.ly/3uW7V7A>

camden county

Making It Better, Together.

Get Connected



CamdenCountyNJ