

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 November 15, 2022 for
10 weeks/2 times a week**

**WE WILL MEET VIRTUALLY
EVERY TUESDAY AND THURSDAY:**

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

- **FREE PRIZES**
- **Open to ALL Camden County Seniors aged 60+**

To register, go to:
<https://bit.ly/3M0VSf6>



Making It Better. Together.

Get Connected



CamdenCountyNJ