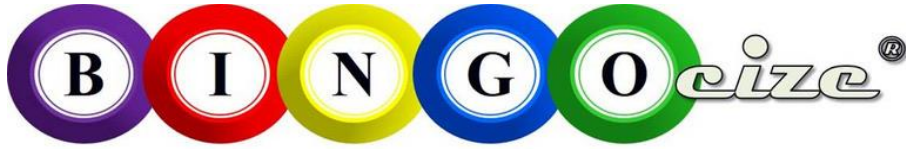


LOOKING FOR A FUN, NEW WAY TO BE MORE ACTIVE?



Bingo + Gentle Exercise = Bingocize®

BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise. Play bingo and meet new people while learning techniques to reduce falls.



Sign Up NOW!

October 14-December 21, 2020

Mondays & Wednesdays

1:30-2:30 pm

Call: 216-421-1350 x182

Email: programs@fairhillpartners.org

Registration is open!

Oct 14-Dec 21, 2020

Mon & Wed, 1:30-2:30 pm

Fairhill Partners is offering Bingocize on Zoom, so you can have fun, stay healthy and participate safely from home! Bingocize will meet 2x per week for one hour per session

Participants need internet access, a computer, laptop, or tablet, with microphone and camera & basic computer skills.

We'll play Bingo, exercise together (seated or standing), and share useful information to help you prevent falls.

Make new friends! Meet others interested in staying healthy and safe. Bingocize is proven to get results!

