



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



## Bingo + Exercise = Bingocize®

### Fall Prevention

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

**When: Tuesday and Thursday afternoons from 4/11/2023-6/15/2023**

**Time: 1:00-2:30PM**

**Where: Troy Township, 25448 Seil Rd., Shorewood, 60404**

**PLEASE CONTACT KELLI AT 815-933-7791 EXT: 9910 BY WEDNESDAY, APRIL 5TH TO RESERVE YOUR SPOT!**



Attendance at these events indicates consent for Catholic Charities, Diocese of Joliet, Inc., to use my photo to promote and increase awareness of programs and services offered by the Agency. Photos may be used in Catholic Charities' printed materials, online, media, or by grantors.

**Catholic Charities, Diocese of Joliet is a faith-based organization providing service to people in need and calling others of good will to do the same.**

