

*** Santa Clara Residents Only ***

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



Bingo + Exercise = Bingocize®

BINGOCIZE® is a 10-week fall prevention program that combines the game of bingo with exercise. Play bingo, exercise together and learn about techniques to reduce falls.



*This program is supported by a grant from
Sourcewise to SVHAP*

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COME JOIN THE FUN!

When:

Every Tuesday and Thursday
starting September 13, 2022, for
10 weeks

Time:

1:30 to 2:30 pm

How:

Play from home via zoom

REGISTRATION REQUIRED!

Call:

650-724-9369

Email:

farewelltofalls@stanfordhealthcare.org

**Santa Clara residents only.
Class size is limited.
Register by September 6th.**

FREE!

