



Ventura County Area Agency on Aging's Fall Prevention Program presents



BINGOCIZE is an evidence-based health education program that incorporates exercise, nutrition, and fall prevention within the popular game of bingo. Come have fun and meet new people while learning about techniques to reduce falls and increase cognition. Bingocize — which can be done seated or standing — is a 10-week program that is exercise for your body, mind, and spirit.

ALL CLASSES ARE FREE

Fillmore Active Adult Center
533 Santa Clara St.
Mondays and Wednesdays
January 8 through March 20
10 a.m. to 11 a.m.

To register for this class, call (805) 524-3030. For more information about the Fall Prevention program, call (805) 477-7300 (option 6), email Fall.Prevention.Program@ventura.org, or visit vcaa.org/falls.
Brought to you by the Ventura County Elderly Fall Prevention Coalition

