

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

Gregory Gardens
9620 Telephone Rd. in Ventura
Tuesdays and Thursdays
October 1 through December 12
1-2 p.m.

Fall Prevention classes are open to individuals 60 and older, and their spouses (even if under 60). 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