

# BINGOCIZE®



Bingocize® strategically combines the game of bingo, exercise, and/or health education. Groups of participants play Bingocize® once per week, with each 45-minute session consisting of exercises (range of motion, balance, muscle strengthening, and endurance exercises) and/or health education questions.

## Health Outcomes:

- ✓ Improved strength, gait, balance, and range of motion
- ✓ Improved aspects of cognition
- ✓ Increased social engagement
- ✓ Improved knowledge of falls risk reduction and nutrition
- ✓ Improved patient activation

Bingocize® classes are held:  
10:30 AM every Friday  
701 West Mason, Springfield, IL

Contact Us

☎ 217-503-4643