



BINGO + EXERCISE = BINGOCIZE

Move. Learn. Laugh. *Live Well!*

Bingocize® is a fun, **FREE** 10-week program that combines the game of **BINGO**, gentle exercise, and health education to help you stay active, improve your health, and connect with others.



FUN FRIENDS PRIZES!

YOU'LL LOVE BINGOCIZE!



Improve strength & balance



Sharpen your mind & focus



Meet new people & have fun



Learn tips for a healthier lifestyle




Reduce your risk of falls


OPEN TO ALL ADULTS • EXERCISES CAN BE DONE SEATED OR STANDING
No gym membership required!

🚀 TWO CONVENIENT CLASSES NEAR YOU! 🚀

CLASS LOCATION 1


 **Licking County Health Department**
675 Price Road
Newark, OH 43055

 **June 16, 2026-August 20, 2026**


 Tuesdays & Thursdays
10:00 AM - 11:00 AM


 Please call **740-349-6535** for any questions.

CLASS LOCATION 2

 **Sharon Glyn Senior Apartments**
914 Sharon Valley Rd.
Newark, OH 43055

 **June 8, 2026-August 10, 2026**

 Mondays 2:00 PM - 3:00 PM &
Wednesdays 10:00 AM - 11:00 AM

 Please call **740-349-6535** for any questions.

 *Prizes & giveaways!*

BINGOCIZE® IS EXERCISE FOR *your* MIND, BODY, AND SPIRIT!

 *Join the fun today!*



Brought to you by the Licking County Health Department
Committed to a healthier you and a stronger community.