



# BINGOCIZE®



**Q. What is Bingocize?**

**A.** Bingocize is an interactive, group workshop that includes a total of 20 class sessions. Workshop participants meet for 1 hour, twice weekly for 10 weeks.

**Q. Who can benefit from Bingocize?**

**A.** The workshop is ideal for individuals looking to reduce falls, increase physical activity, and learn about healthy habits while playing the fun-game of Bingo. Caregivers, friends, and family members can also benefit from this program as they learn skills and resources to support their loved ones.

**Q. What does Bingocize do for participants?**

**A.** Bingocize combines a bingo-like game with exercise and health education. The program has been shown to increase older adults' functional fitness, health knowledge, and social engagement.