

LOOKING FOR A FUN, NEW WAY TO BE MORE ACTIVE?

JOIN THE FUN!

WHEN:

Mondays & Tuesdays beginning October 5 & 6

WHERE: Zoom

www.zoom.us/join

Meeting ID: 734 215 2035

Passcode: 7c2nME

TIME: 10 – 11 am

RSVP: Kari Pohar – 847-740-6708

kpohar@catholiccharities.net



TRY BINGOCIZE®!

Bingo + Exercise = BINGOCIZE®



BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls.

