



**A HEALTH PROMOTION PROGRAM
THAT COMBINES THE GAME OF
BINGO WITH INCLUSIVE
EXERCISES FOR EVERYONE!**

**Designed for those beginning their
fitness journey.**

**Learn and use health information
focused on beginner level stretches &
exercise, falls prevention, nutrition
education.**



NEW CLASS!

**Every Monday/Wednesday
March 3rd - May 7th (10 weeks)
11 am - 12 pm**

**Neenah-Menasha YMCA
110 W North Water St, Neenah**

**To register: Please call Winnebago County Public Health at
920-232-3000 or email
ajbeattie-lokken@winnebagocountywi.gov**

**\$15 suggested donation for material and facilitator fees to be
paid to Winnebago County Public Health**

