



**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



Public Health
Prevent. Promote. Protect.
Winnebago County, WI

