



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service



# Looking for a fun, new way to become active? Try Bingocize!

**BINGOCIZE<sup>®</sup> 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.**

**Call the Bell County Extension office at 606-337-2376 to register!**

**Join the fun every Monday and Friday in March, April and May at 10:00 am**

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Disabilities accommodated with prior notification.