



**Free health promotion program for older adults that combines bingo with fun physical activities.**

Registrants meet 1 hour a week, twice a week for 10 weeks ending with a chance to win the grand prize. Studies show this program may improve the quality of life for older adults.



**Call Healthy Aging Association at  
(209) 525-4670 or  
email  
healthy.aging2000@gmail.com to  
sign up by February 22, 2019**

**BINGOcize to start March 5, 2019**



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