

CALLING ALL SENIORS!

ARE YOU LOOKING FOR A FUN NEW WAY TO BE MORE ACTIVE?

Join the FREE fun! Win prizes!



Must be age 60+, resident of Douglas County, and meet income eligibility requirements.

Try Bingocize®!
Bingo + Exercise =
Bingocize®



Bingocize® is a 10 week health promotion program that combines the game of bingo with fall prevention and strengthening exercises.

© Western Kentucky University
Research Foundation 2019:
All Rights Reserved

WHEN: Class starts Sept 2023 on Tuesdays and Thursdays.

TIME: 11:00AM - 12:00PM
Lunch served after.

WHERE: ENCAP Senior Wellness 2406 Fowler Ave

Sign up now!

Contact Kenaan Cormier at:
402-453-5656 ext. 222, or
kcormier@encapomaha.org



encapnebraska.org