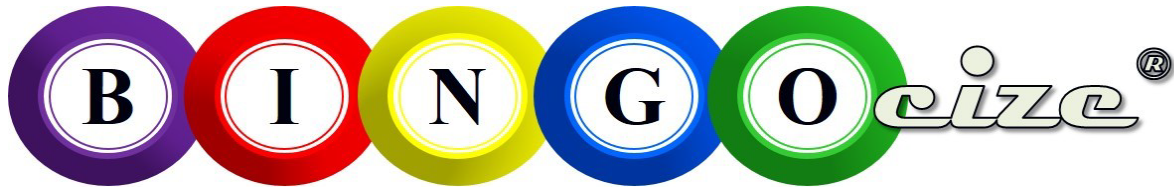


THE CAMDEN COUNTY BOARD OF COMMISSIONERS PRESENTS:



IN-PERSON @ CAROL NORCROSS SENIOR DAY CENTER DINING ROOM

**PLAY!
LAUGH!
MOVE!
LEARN!**



**LOOKING FOR A FUN WAY
TO BE MORE ACTIVE?**

Bingo + Gentle Exercises = BINGOCIZE®

Bingocize® is a health promotion program that combines the game of bingo with fall prevention exercises (seated or standing).

Come play bingo and meet new people while learning about techniques to reduce falls and increase cognition. Bingocize® is exercise for your body, mind, and spirit. **JOIN THE FUN!!**



Making It Better, Together.

Get Connected



CamdenCountyNJ

**Starting August 8, 2023 for
10 weeks/2 times a week**

**WE WILL MEET EVERY
TUESDAY AND THURSDAY:
2:30PM-3:30PM**

**DiPiero Building, 512 Lakeland Rd.,
Blackwood NJ 08012**

- **FREE PRIZES**
- **Open to ALL Camden County Seniors aged 60+**
- **Limited seating 25 people**

Questions? Please call Margaret Murphy at
856-374-6063 or email

Margaret.Murphy@camdencounty.com

To register, go to:
camdencounty.info/BingoCize