

Let's



We Meet Every Week

Registration Required

To Register call
919-688-8247 ex 124

Please Register By
September 3, 2020

Monday & Wednesday

**Sept. 14th -
Nov. 18th 2020**
2 PM - 3 PM



**FREE
PRIZES**

**LOTS OF
FUN**

JOIN Us via ZOOM

Meeting ID:
978 5580 2990

Passcode:
825657

DIAL By PHONE

929) 205 - 6099

Meeting ID:
978 5580 2990

Passcode:
825657

ZOOM



Bingocize® is a health promotion program that combines the game of bingo with fall prevention exercises (seated or standing). ZOOM in with us & meet new people; all in the comfort of your own home Bingocize® is exercise for your body, mind, and spirit.