



COME JOIN THE FUN!

Tuesdays & Thursdays 9AM

Starting July 16!

SourcePoint Radebaugh Room

800 Cheshire Road, Delaware, OH

Bingocize is a **FREE** 10-week program that combines exercise and health education with a bingo-like game!

- ✓ Gain improved mobility
- ✓ Learn how to reduce falls
- ✓ Engage in a fun and social setting



Registration required | Class limited to 20

Contact SourcePoint: MySourcePoint.org/EC

(740) 363-6677 **fallsprevention@delawarehealth.org**

