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## **Bingocize ~ Manassas**

Date and Time

Weekly on Tuesday and Thursday 11:00am to 12:00pm for 22 times

Event Region

Prince William/Fauquier Area

Event Type

Workshop

RSVP Info

Contact Kathleen Wiley at [kwiley@pwcgov.org](mailto:kwiley@pwcgov.org) or 571-241-3925

Event Cost

\$0.00

Event Description

**Bingocize®** strategically combines the game of bingo, exercise, and falls prevention education. Groups of participants play Bingocize® twice per week for ten weeks, with each 45-60 minute session consisting of playing Bingo, exercises (range of motion, balance, muscle strengthening, and endurance exercises), falls prevention education questions. The workshops be delivered in personal or virtually.

This evidence-based program will be held Tuesdays and Thursdays, June 18 - August 29 from 11am 12noon.

### **Health outcomes:**

- Improved lower/upper body strength, gait, balance, and range of motion
- Improved aspects of cognition (executive function)
- Increased social engagement
- Improved knowledge of falls risk reduction and nutrition
- Improved patient activation

Event Image or Sponsor Logo

Image

# BINGOize®

