

ANNOUNCING:



BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls.

SAVE THE DATE

TUESDAYS AND THURSDAYS

APRIL 7 THROUGH JUNE 11TH

2PM

Council Bluffs Public Library

Registration will be through the library website and will open up on 3/24/2026

Classes are limited to **20** participants**



The Connection to Resources for
Older Iowans

**For more information call
800-432-9209**