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Bingocize ~ Woodbridge

Date and Time

Weekly on Tuesday and Thursday at 11:00am for 22 times

Event Region

Prince William/Fauquier Area

Event Type

Workshop

RSVP Info

Contact Kathleen Wiley at 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 Wednesdays and Fridays, June 5 - August 28 from 1:30-2:30pm.

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®

