In collaboration with St. Lawrence County Office for the Aging and Cornell Cooperative Extension

BINGOcize®

Bingo + Exercise = Bingocize

A fun ***10-week*** health promotion program that combines the game of bingo with **inclusive exercises for everyone**!

Every Monday & Friday

November 2nd- January 18th

No sessions on observed holidays

11:00am

Massena Library

Warren Room

41 Glenn St., Massena, NY 13662

Registration is limited AND required.

Call 315-386-4730 and ask for Barbara to register.

Cornell Cooperative Extension
St. Lawrence County

Free prizes and lots of smiles!

CORNELL COOPERATIVE EXTENSION IS AN EMPLOYER AND EDUCATOR RECOGNIZED FOR PROVIDING EQUAL PROGRAM AND EMPLOYMENT OPPORTUNITIES IN ACCORDANCE WITH APPLICABLE LAWS
PLEASE CONTACT THE CORNELL COOPERATIVE EXTENSION OF ST. LAWRENCE COUNTY OFFICE IF YOU REQUIRE ACCOMMODATIONS.