

THE CAMDEN COUNTY BOARD OF COMMISSIONERS PRESENTS:



**PLAY!  
LAUGH!  
MOVE!  
LEARN!**



LOOKING FOR A FUN WAY  
TO BE MORE ACTIVE?

Bingo + Gentle Exercises = BINGOCIZE®

Bingocize® is a health promotion program that combines the game of bingo with fall prevention exercises (seated or standing).

Come play bingo and meet new people while learning about techniques to reduce falls and increase cognition. Bingocize® is exercise for your body, mind, and spirit.

**JOIN THE FUN!!**

**10 weeks/1 time a week starting every Friday March 14, 2025  
at 10:30AM**

**Haddon Fortnightly**

**[301 Kings Highway E, Haddonfield, NJ 08033](#)**

- Open to ALL Camden County Seniors aged 60+ • Limited seating 25 people

Questions? Call Margaret Murphy at 856-374-6063 or

Email [Margaret.Murphy@camdencounty.com](mailto:Margaret.Murphy@camdencounty.com)