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## **Bingocize® ~ Virginia Beach**

Date and Time

Weekly on Monday and Thursday at 12:00pm until Monday 1/29/2024

Event Region

Tidewater/Chesapeake

Event Type

Class

RSVP Info

Mary Noonan: [mnoonan@ssseva.org](mailto:mnoonan@ssseva.org); (757) 963-9209

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), and falls prevention education questions. The workshops are delivered in person or virtually.

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.

DATES: 10 weeks starting November 13, 2023 and ending January 29, 2024 (Mondays and Thursdays).

NOTES: We will not be meeting on some dates around the holidays.

Event Image or Sponsor Logo

Image

# BINGOize®

