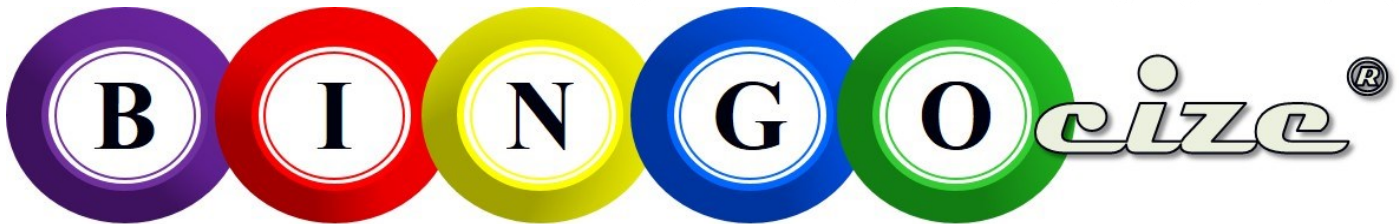


**Start Date: 01/07/2025**

**Tuesdays & Thursdays  
10am-11am**



Ten week evidence-based workshop combining bingo, exercise and nutrition education. The Bingocize Exercise Education workshop was developed by experts from the University of Nevada-Reno and is focused on the SNAP-Ed framework. Bingocizers play two 45-60 minute games per week for ten weeks consisting of exercises designed to improve all functional fitness including range of motion, balance, muscle strength, and cardiorespiratory endurance.

**BINGOCIZE**  
**55 yrs. or older**

Oneida Meal Site 2901 S. Overland  
Rd. Hobart WI 54155

Phone: 920-869-2448  
Fax: 920-869-1824  
Email:  
smetoxe9@oneidanation.org/  
djohnso3@oneidanation.org

Applications will need to be filled out prior to event, please contact:

**Schuyler Metoxen @ (920) 869-6839**

**Denise Johnson @ (920) 869-6840**