

Looking for a new, fun way to be active?

Try Bingocize®



It's a 10-week health promotion program combining bingo with fall prevention exercise and health education.

Proven to increase an individual's physical fitness and health knowledge, it is downright fun.

Come play bingo and meet new people while learning more about managing your health!



Sign up NOW for this 10-week program!

Location: San Fernando Recreation Park - 208 Park Ave., San Fernando, CA 91340

Dates: Tuesdays & Thursdays from January 11, 2022, to March 17, 2022

Time: 1:00pm - 2:00pm

Contact: Marisol Diaz (818) 898-7340

