

# Bingocize

## BINGO + Gentle Exercises + Nutrition Ed= Bingocize

Looking for a fun way to be more active and learn how to eat healthier?

**Bingocize Nutrition** combines the popular game of bingo with movement, music and nutrition education in this fun, interactive 10-week health promotion workshop.

Meet new people, play bingo and learn about the importance of making healthy food choices every day.

### Bingocize Nutrition will help you:

- Understand the nutrients that provide energy for our bodies
- Learn easy tips for healthier cooking
- Make better choices when grocery shopping
- Read food labels
- Learn exercises for balance, strength and flexibility



## Program Details

Class meets in person **twice** a week for 10 weeks.

### Dates:

Monday and Wednesday  
May 11 – July 22, 2026  
10:00 - 11:00 am

**Please note:** There will be no class on Memorial Day or June 17

### Location:

Woburn Senior Center  
144 School Street  
Woburn, MA 01801

### Cost:

**FREE, but space is limited!**  
**Registration is required.**

### To Register:

Contact Woburn Senior Center at  
(781) 897-5960

## Come Join the Fun!



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Made possible through a  
generous grant from:

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