

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 some new strategies for healthy eating and ways to get more movement into your 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:

Tuesday and Thursday
May 12 – July 16, 2026
1:30 pm -2:30 pm

Location:

The Jenks Center Winchester
109 Skillings Road
Winchester, MA 01890

Cost:

FREE, but space is limited!
Registration is required.

To Register:

Contact Suzanne Norton at
The Jenks Center:
(781) 721-7136 or
snorton@winchester.us

Come Join the Fun!

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