

In collaboration with St. Lawrence County Office for the Aging
and Cornell Cooperative Extension

BINGO *cize!*®

Bingo + Exercise = Bingocize

A fun **10-week** health promotion program that combines
the game of bingo with inclusive exercises for everyone!

Every Monday and Thursday

Starting May 5th, 2025

at 3pm in the community room at:

**Mayfield Apartments
22 Mayfield Drive
Potsdam, NY 13676**



Registration is limited AND required.
Call 315-386-4730 to be connected with a
NY Connects Staff Member to register.

Free prizes and lots of smiles!!



**Cornell Cooperative Extension
St. Lawrence County**

Fall Prevention Workshop!