



Bingo + Exercise = Bingocize

A fun 8-week diabetes health promotion program that combines the game of bingo with inclusive exercises for everyone!



Diabetes Workshop!

Where: 211 Fruit of the Loom Dr,
Jamestown, KY 42629

When: Oct. 2nd, 9th, 16th, 23rd,
30th, Nov. 6th, 13th, 20th

Time: 9-10 AM CST

Call 1-800-928-4416, select option 4,
or call 270-866-4477 to RSVP.

**Free Prizes
& Great
Fun!**