



EXTENSION
College of Agriculture,
Biotechnology & Natural Resources

Virtual Bingocize®

Start the New Year with new classes!

Bingocize® is an evidence-based disease prevention and health promotion program. Join us to learn more about:

- Older adult focused exercise
- Health education
- Social engagement
- Fall prevention tips
- Mobility and independence improvement

Tune in for our bi-weekly sessions to exercise with the UNR Extension Healthy Aging team as you improve your health and quality of life one game of Bingo at a time!

To register for this FREE series, please visit:

<https://bit.ly/2022virtualbingocize>

An EEO/AA Institution: Extension is a unit of the University of Nevada, Reno's College of Agriculture, Biotechnology & Natural Resources engaged in Nevada communities, presenting research-based knowledge to address critical community needs. It is a county-state-federal partnership providing practical education to people, businesses and communities.

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Also made possible by our partner:



Health & Nutrition

LIVE ZOOM SESSIONS

Join us each Tuesday and Thursday from January 18 until March 24 at 1:00 p.m. (zoom)

- January dates: 18, 20, 25, 27
- February dates: 1, 3, 8, 10, 15, 17, 22, 24
- March dates: 1, 3, 8, 10, 15, 17, 22, 24.

REGISTER TODAY!

While this Bingocize® class series is FREE, registration is required. Click [here](#) to register. You must register by Tuesday, January 4, to get program materials prior to the start of the first class.

