



Looking for a fun, new way to be more active?

Forest County Office on Aging will begin partnering with UW-Extension in January 2024 to start offering Bingocize.

Bingo + Gentle Exercise = Bingocize

Bingocize is a 10-week health promotion program that combines the game of bingo with fall prevention exercise and nutrition content.

Play bingo, exercise, win prizes, and be more socially connected with Bingocize!

To learn more about joining Bingocize please contact:

Karly Harrison, UW-Extension Healthy Communities Coordinator at (715) 478-7797 or email karly.harrison@wisc.edu