



Hope Mills Parks and Recreation
5766 Rockfish Rd. Hope Mills, NC 28348 910-426-4109

BINGO + Exercise =



2 Upcoming Sessions:

Wednesdays & Fridays
10:00 - 11:00 am

Sept. 4 - Nov. 8, 2024

Mar. 26 - May 23, 2025

Ages: 55+

Hosted By: Shaunda Clark



BINGOCIZE is a free 10-week health promotion program that combines the game of bingo with fall prevention exercises. Come play bingo and meet new people while learning about techniques to reduce falls. Advanced registration is required.



For more info. & to register: www.townofhopemills.com