

FREE Exercise Only Workshop!



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



Mondays & Wednesdays

August 25 - October 29
10 a.m. - 11 a.m.

2-Hour Sessions

Sept. 10, 15 & Oct. 29
10 a.m. - 12 p.m.

*Must be able to attend
16 out of 20 classes!*



Bill Crisp Senior Center
7560 Raeford Road



Pre-Registration Required

Contact the Bill Crisp Senior Center
at 910-433-1248

For more information contact

Leah Rhone 910-433-3846

Kyara Crocker 910-433-3892



**Ages 55
and up!**

**Free prizes!
Lots of smiles!**

FAYETTEVILLE
PARKS & RECREATION
CUMBERLAND CO.

CUMBERLAND
COUNTY
NORTH CAROLINA
Department of Public Health

Bingo + Exercise = Bingocize