

*Welcome to*

# **B I N G O** *Quiz*

**A Fall Prevention Workshop**

**A 10-week health promotion program that combines bingo with fun, inclusive exercises while learning about fall prevention hosted by Mobile Family Success Center.**



**A bingo winner every time. Come join us every Monday and Wednesdays at 1pm. This series is from March till June 2025. Our first session is:**

**Monday, March 17, 2025 at 1pm**



**Let's get connected, call 732-646-4057**  
**Register: <https://bit.ly/MFSCMarch2025>**