



MAHONING COUNTY PUBLIC HEALTH

PREVENT · PROMOTE · PROTECT

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FOR IMMEDIATE RELEASE DATE: July 31, 2025	Contact: Mahoning County PIO Team
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Mahoning County Public Health to Offer *Bingocize* A Falls Prevention Education and Physical Activity Program

Mahoning County Public Health is offering *Bingocize* classes. These classes are a combination of fitness and health education that incorporates the game of bingo. *Bingocize* is focused on helping sedentary adults aged 55 and over to fit physical activity into their lives, in a fun way, to help to reduce their risk of falling.

Whether it's grooving to tunes, involving family and friends, or simply enjoying the company of fellow Bingocizers, the program is easily adaptable, making it a welcoming experience for sedentary older adults with various physical abilities.

Bingocize is an evidence-based program that will:

- Improve and maintain mobility and independence
- Use health information for falls reduction
- Engage individuals in a social setting

Classes will begin:

- Date: Tuesday, September 2, 2025
- Time: 1-2 pm
- Location: Newport Library, 3730 Market Street, Youngstown, OH 44507
- Class will meet twice a week for 10 weeks on Tuesdays and Thursdays
- Pre-registration is required
- For more information or to register: 330-270-2855 ext. 137

Did you know that over 13 million adults 65 years of age and older will fall this year resulting in over \$50 billion in health care costs? Effective health promotion programs can help reduce falls, but most older adults believe exercise programs are painful and boring.

ABOUT MAHONING COUNTY PUBLIC HEALTH

Mahoning County Public Health, nationally accredited by the Public Health Accreditation Board, works to protect the public's health and to ensure conditions in which all people can live healthy lives. Mahoning County Public Health offers a variety of services from immunizations to environmental and community health programs. For a complete list of services visit mahoninghealth.org.

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