



MAHONING COUNTY PUBLIC HEALTH

PREVENT · PROMOTE · PROTECT

Address
50 Westchester Drive
Youngstown, Ohio 44515

Phone
330-270-2855

Toll Free
(800) 873-6243

Laboratory Services
330-270-2841

Website
www.mahoninghealth.org

Facebook & Twitter
@mahoninghealth



Austintown
330-792-2397

Boardman
330-788-1485

Youngstown
234-855-1575



Phone
330-270-2855 ext. 136



FOR IMMEDIATE RELEASE DATE: December 13, 2024	Contact: Mahoning County PIO Team
	Phone: 330-270-2855 ext. 109
	Email: PIOTeam@mahoninghealth.org

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 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 senior citizens 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, January 7, 2025
- Time: 10-11 am
- Location: Poland Library, 311 S Main St, Poland, OH 44514
- Class will meet twice a week for 10 weeks
- For more information: 330-270-2855 ext. 109 or 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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