



**NEWS RELEASE – Area Agency on Aging District 7, Inc.**

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## **Seniors Invited to Participate in Local Bingocize® in Waverly**

Individuals age 60 and over are invited to attend a unique opportunity coming soon in Waverly to help individuals learn falls prevention exercises and tips in a fun and unique way.

“Bingocize®” is a free evidence-based health promotion program that combines the game of Bingo with falls prevention exercise. Trained leaders facilitate a 10-week workshop that includes exercises to target range of motion, balance, muscle strengthening and endurance.

Outcomes reported after participating in Bingocize® include:

- Improved lower/upper body strength, gait, balance, and range of motion.
- Improved aspects of cognition (executive function).
- Increased social engagement.
- Improved knowledge of falls risk reduction and nutrition.

Upcoming classes in Pike County will be held in person starting April 7<sup>th</sup> at the Pike County Senior Center, located at 402 Clough Street in Waverly on Mondays and Thursdays until June 12<sup>th</sup> from 10:30 am – 11:30 am. Those participating should attend all classes.

If you are age 60 or over and interested in participating in the free upcoming Bingocize® series in Waverly, call the AAA7 Wellness Department at 1-800-582-7277, extension 22928, or e-mail [wellness@aaa7.org](mailto:wellness@aaa7.org). Class size is limited, so if you or someone you know is interested, please call soon to reserve your spot.

Your local Area Agency on Aging District 7, Inc. provides services on a non-discriminatory basis in ten counties in Southern Ohio including Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. These services are available to help older adults and those with disabilities live safely and independently in their residence of choice through services paid for by Medicare, Medicaid, other federal and state resources, as well as private pay. The AAA7's Resource Center is also available to anyone in the community looking for information or assistance with long-term care options. Available Monday through Friday from 8:00 am until 4:30 pm, the Resource Center is a valuable contact for learning more about options and what programs and services are available for assistance.

Those interested in learning more can call toll-free at 1-800-582-7277 (TTY: 711). Here, individuals can speak directly with a specially-trained Agency staff member who will assist them with information surrounding the programs and services that are available to best serve their needs. The Agency also offers a consultation at no cost for those who are interested in learning more. Information is also available on [www.aaa7.org](http://www.aaa7.org), or the Agency can be contacted through e-mail at [info@aaa7.org](mailto:info@aaa7.org). The Agency also has a Facebook page located at [www.facebook.com/AreaAgencyOnAgingDistrict7](https://www.facebook.com/AreaAgencyOnAgingDistrict7).

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