

**Would you like to:**

- improve and/or maintain your mobility and independence?
- learn health information?
- reduce your risk of falls?
- improve your nutrition?

If you answered "yes" to any of these questions then plan to join us for a fun, new 10-week health promotion program!

**When: Monday Oct. 3<sup>rd</sup> – Monday Dec. 19<sup>th</sup>**  
**Mondays and Fridays**

**Time: 10 a.m.-11 a.m.**

**Where: Virtually**

**Cost: Free**



Please register at:

<https://go.osu.edu/bingocizefall22>

Questions: Contact  
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