



Public Health  
Nutrition



Do you want to improve your health while having fun?

Do you want to stay socially connected during times of COVID-19?

### **Bingocize classes**

Every Tuesday and Thursday

August 24 - November 4 from 11 a.m. - 12 p.m.



Behavioral Health

Services provided in collaboration with the San Bernardino County Department of Behavioral Health and funded by the Mental Health Services Act (Proposition 63). Servicios proveídos en colaboración con el Departamento de Salud Mental del Condado de San Bernardino y financiado por la Ley de Servicios de la Salud Mental (Proposición 63).

# Join us!

## Tuesdays and Thursdays

August 24 - November 4  
from 11 a.m. - 12 p.m.

### How do I tune in?

1. Call (909) 388 - 5650 to register for the class and get your bingo cards.
2. Click on the Zoom link provided to your email address after registration.
3. Wait for the class instructors to let you in to access the class.
4. Play bingo, exercise and gain knowledge of fitness and nutrition, while you socialize.

To register or get help using Zoom:

 (909) 388 - 5650

 [nutrition.sanbernardinocounty@dph.sbcounty.gov](mailto:nutrition.sanbernardinocounty@dph.sbcounty.gov)



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