

Looking for a  
fun, new way  
to be more  
active?



**BINGOCIZE®** is a 10-week health promotion program that combines the game of Bingo with inclusive exercises for everyone!

- Free
- 2 days a week for 10 weeks
- Small group (*about 10 participants*)
- Led by trained facilitators with Harnett County Health Department
- *Bonus: Attend 15 classes for a special gift!*

**Tuesdays & Thursdays**

**March 24 – May 28**

**11:00 AM – 12:00 PM**

**Harnett County Main Library –  
Adult Makerspace**

**455 McKinney Pkwy, Lillington**

## REGISTRATION REQUIRED:

Registration opens on **Tuesday, March 10, 2026** at **11:00 am** on the Main Library calendar at **[harnett.libcal.com](https://harnett.libcal.com)**

For Questions:

 **910-893-7550**

 **[harnett.org/health](https://harnett.org/health)**



**Harnett  
COUNTY**  
HEALTH DEPARTMENT