

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**

For Questions:

 **910-893-7550**

 **harnett.org/health**

