

# ★ BINGOCIZE ★ 賓果遊戲

## Benefits:

- Improved gait
- Improved lower and upper body muscle strength
- Social engagement
- Health knowledge
- Patient engagement

Bingocize®, created in 2011, is a proven health promotion program to maintain and improve quality of life in a variety of populations. Bingocize® strategically integrates exercise and health education into a fun game of bingo regardless of participants' background, physical, or intellectual abilities.

## 益處:

- 改善步態
- 改善下身和上身的肌肉力量
- 改善社交
- 獲得健康知識
- 參與性強

Bingocize® 賓果遊戲成立於2011年，是一項有效的健康促進計劃，旨在維持和改善各種人群的生活質量。Bingocize® 賓果遊戲戰略性地將運動和健康教育整合到有趣的賓果遊戲之中，無論參與者的背景、身體、或智力水平如何，都可以盡情享受。

## Detailed Information 詳細資料

**Date 日期:** TBD 待定

**Time 時間:** TBD 待定

**Location 地點:** Stockton Clinic - 1st Floor Health Promotion Room  
三藩市華埠 Stockton 街診所一樓健康教育部  
(1520 Stockton Street, San Francisco, CA 94133)

免費遊戲  
**FREE**

NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**Spanish** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

**Chinese** 注意：如果您使用中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

**Vietnamese** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).