



**Are you interested in helping others all while having fun? Then become a Bingocize® facilitator!**

Bingocize® is an evidence-based 10-week program that combines exercise, health education and the familiar game of bingo in a fun way to get older adults moving and socializing.



AgeOptions is actively recruiting Bingocize® facilitators. Training is convenient as you can participate from the comfort of your home. Individual on-line facilitator training consists of five self-paced modules which can be completed in about an hour. All facilitators trained through AgeOptions **must** conduct a minimum of 2 Bingocize® workshops within the first year of certification. For more information on how to become a Bingocize® facilitator, email [ilpthreferrals@ageoptions.org](mailto:ilpthreferrals@ageoptions.org).

### **Bingocize® Online Training**

- Read the Bingocize® training modules:
  - Introduction to Bingocize®
  - Preparing for and Leading Bingocize®
- Acknowledge your requirements as a Bingocize® leader
- Take the Bingocize® Competency Quiz with a score of 80% or greater
- Print your certificate