

# Marin Independent Journal

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Tuesday, May 2, 2023

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## In your town

### SAN RAFAEL

#### Nonprofit offers help for preventing falls

Vivalon, a nonprofit that serves seniors, is offering a fall prevention course in a game-style format.

“Bingocize” is a health program that combines bingo with exercises in person and online.

Classes are available at 11 a.m. Mondays and Thursdays at the Vivalon Healthy Aging Center at 930 Tamalpais Ave., and in Spanish at 10:30 a.m. Tuesdays and Wednesdays at the Albert J. Boro Community Center at 50 Canal St.

Registration is required at 415-456-9062.

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