



Dance for health - for ages 18-29 years

Do you feel stressed or anxious? Welcome to discover the joy of movement, without demands on performance. Everyone can participate! The focus is on togetherness and being yourself. 6 sessions.

Free of charge!

Registration via QR code:



NÄR: Mondays at 16.30-17.45

April 13 - May 18 2026

**VAR: Stora Salen,
Kulturhuset Kåken
Kålltorpsgatan 2**