

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:



**WHEN: Mondays
at 16.30-17.45**

October 20 –
November 24, 2025

WHERE:
Kulturhuset Kåken
Kålltorpsgatan 2