

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. Free of charge. 6 sessions.

Registration via QR code:



**WHEN: Mondays
at 16.30-17.45**

November 2 – December
7, 2026

WHERE:
Kulturhuset Kåken
Kålltorpsgatan 2