



HÄLSOLOTS
CENTRUM

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
31th of Mars –
12th of May 2025
(not 21th of april)

WHERE:
Kulturhuset Kåken
Källtorpsgatan 2

www.halsolots.se

 **VÄSTRA**
GÖTALANDSREGIONEN



Göteborgs
Stad