

## Saturday 28/9

**10.00-11.30. Mindfulness through nature walks.** Start at Stadshuset in Malmköping. Target group: Everyone. Arr: Human fullness.

**10.00-13.00. Exercise day.** Hammarvallen. Various try-out activities. Target group: Children & young people. Arr: Recreation Department, Municipality of Flen.

**19.30-21.00. Ghost walk.** Elljusspåret, Flen. Target group: children aged 6-14 (children aged 6-9 accompanied by an adult). Arr: Youth recreation centres in the Municipality of Flen.

## Sunday 29/9

**10.00-11.00. Tabata.** Öjavägen 2, Flen. Target group: Everyone. Arr: Flen Sport & Hälsa IF.

**10.00-11.00. Bamse gym class.** Piggelinhallen beside Stenhammarskolan. From when the child is able to walk up to the age of 3, along with an appropriately dressed parent. Indoor shoes or bare feet. Target group: Children aged 1-3. Arr: Flens Gymnastikförening.

**13.00-15.00. Horseback riding try-out.** Finntorp Riding Club. Café open. Pre-register: 070-7712191. Target group: Everyone. Arr: Finntorp Riding Club.

**17.00-18.00. Parkour.** Piggelinhallen beside Stenhammarskolan. Target group: Everyone. Arr: Flens Gymnastikförening.

**18.00-19.00. Circuit training.** Skjortan, Flen. Target group: Everyone. Arr: Friskis & Sveltis

## Other activities

**Free training at ACTIC.** Throughout Health Week, you can try out training at Actic at Hammarvallen in Flen for free. See the website [actic.se](http://actic.se) for current opening hours.

**Exhibition.** An exhibition on climate change will be available throughout weeks 38 and 39. The exhibition can be visited free of charge at the library in Flen. It is open during the library's ordinary opening hours. It is organised by Naturskyddsforeningen Flen.



**HÄLSO  
VECKAN  
I FLEN**

### Please note!

Unless otherwise stated, the activities are free of charge and do not require any pre-registration or previous knowledge or experience.

***We reserve the right to make any changes to the programme***



**HEALTH WEEK 2019**  
**21 - 29 SEPTEMBER**

Health is important for everyone! Therefore, the municipality of Flen, together with companies, organisations, associations and individuals Health Week, focusing on your health. Unless otherwise stated, the activities are free of charge and do not require any pre-registration or previous knowledge or experience. They are available both during the daytime and in the evening and offer everything from training for your mind and body, exercise and relaxation to culture, music, dance and much more that will improve your physical and mental health.

**The full programme is also available at [www.flen.se/halsoveckan](http://www.flen.se/halsoveckan).**

## Saturday 21/9

**10.00-11.00. Spinning.** Hammarvallen. Please come at 09.30 for introduction. Please bring a water bottle, a towel and trainers for indoor use. We offer fruit and water after the session. Pre-registration: testa@flensgf.se. Target group: Everyone. Arr: Flens Gymnastikförening.

**10.00-11.00 & 12.00-13.00. Viewing of the key gym.** Björkängens IP. Target group: Everyone. Arr: Betna AIS.

**10.00-12.00. Lecture on climate change.** The Library, Flen. "Hur klarar vi biffen, bostaden, bilen och butiken med vår egen klimatpåverkan?" [How do we reduce our own impact on the climate when it comes to food, housing, cars and shops?] Target group: Everyone. Arr: Naturskyddsforeningen Flen.

**10.00-14.00. Klubbmästerskap/Open house.** Öjavägen 2, Flen. No previous knowledge is required. Target group: Everyone. Arr: Flen Sport & Hälsa IF.

**11.00-12.00. Plogging.** Start at Prins Wilhelms torg, Flen. Walk or jog and pick up litter at the same time. Target group: Everyone. Arr: Municipality of Flen.

**11.00-12.00. Circuit training try-out.** Björkängens IP. Pre-register: khallerby@gmail.com. Target group: From the age of 10. Younger children accompanied by an adult. Arr: Betna AIS.

**11.00-13.00. Photography walk.** Start at the tourist office in Hälleforsnäs. The focus is on photographing what we see and experience in our beautiful surroundings. Bring a camera and suitable clothing for the weather. Target group: Everyone. Arr: Fokusera Photography Club and Kulturrenheten, Municipality of Flen.

## Sunday 22/9

**13.30-15.00. Open House.** Änggårdet, Skebokvarn. Find out more about the farming community and how you can contribute towards health and sustainability. Pre-registration no later than 21/9: kerstin@medhjärtat.se. Target group: Everyone. Arr: Änggårdet Gärdsgemenskap.

**17.00-18.00. Functional fitness.** Öjavägen 2, Flen. Target group: Everyone. Arr: Flen Sport & Hälsa IF.

## Monday 23/9

**09.00-17.00. Free training.** Båvens Hälso-center, Sparreholm. Target group: Everyone. Arr: Båvens HälsoCenter.

**09.30-10.30. Gym class, Soft.** Skjortan, Flen. Target group: Everyone. Arr: Friskis & Sveltis.

**10.00-11.00. Gym class, Soft.** Sporthallen, Sparreholm. Target group: Everyone. Arr: Friskis & Sveltis.

**10.00-11.30. Mindfulness through nature walks.** Start at Lida Gärd. Learn to relax your brain and practise awareness. Target group: Everyone. Arr: Human fullness.

**10.30-11.30. Senior, Special.** Skjortan, Flen. Target group: Everyone. Arr: Friskis & Sveltis.

**18.00-19.00. Dance, Flow.** Skjortan, Flen. Target group: Everyone. Arr: Friskis & Sveltis.

**18.00-19.00. Children's gym class.** Sporthallen, Hälleforsnäs. Target group: Children aged 4-6. Arr: Hälleforsnäs Gymnastikförening.

**18.00-19.30. Wrestling for children.** Hammarvallen. Target group: Children aged 7-14. Arr: Flen Wrestling Club.

**18.30-19.30. Spinning.** Hammarvallen. Booking via the website www.flensgf.se. Target group: Everyone. Arr: Flens Gymnastikförening.

**19.00-20.00. Gym class, Intermediate/ Strength.** Skjortan, Flen. Target group: Everyone. Arr: Friskis & Sveltis.

**19.00-20.00. Non-jumping gym class.** Sporthallen, Hälleforsnäs. Target group: Everyone. Arr: Hälleforsnäs Gymnastikförening.

**19.15-20.30. Walking football 55+.** Piggelinhallen beside Stenhammarskolan. Target group: Men and women aged 55+. Arr: Fritid and SBF/Municipality of Flen.

**19.30-20.30. Functional fitness.** Öjavägen 2, Flen. Target group: Everyone. Arr: Flen Sport & Hälsa IF.

**Digital programme:  
flen.se/halsoveckan**

## Tuesday 24/9

**09.00-17.00. Free training.** Båvens Hälso-center, Sparreholm. Target group: Everyone. Arr: Båvens HälsoCenter.

**10.00-11.00 & 12.00-13.00. Viewing of key gym.** Björkängens IP. Target group: Everyone. Arr: Betna AIS.

**10.30-11.30. Sitting gym class.** Auditorium in Malmköping Town Hall. Please bring suitable clothing and a water bottle. We offer fruit and water after the session. Target group: Seniors. Arr: SPF Malmabygden.

**11.00-12.00. Circuit training try-out.** Björkängens IP. Pre-register: khallerby@gmail.com. Target group: From the age of 10. Younger children accompanied by an adult. Arr: Betna AIS.

**12.00-13.00. Lunch yoga for office staff.** The library, Flen. Bring a blanket big enough to cover you and a yoga mat if you have one. Target group: Everyone. Arr: Ashtanga Yoga & Holistic Massage/ Lotta Ilona Bertilsson.

**16.30-17.30. Core.** Skjortan, Flen. Target group: Everyone. Arr: Friskis & Sveltis.

**17.30-18.30. Dance, Soft.** Skjortan, Flen. Target group: Everyone. Arr: Friskis & Sveltis.

**18.00-19.00. Wresfit.** Hammarvallen. Target group: From the age of 7. Arr: Flen Wrestling Club.

**18.00-19.00. Ice hockey try-out.** Hammarvallen. Meet at 17.15 to try out equipment free of charge. Target group: Children aged 7-12 Arr: Flen Hockey.

**18.00-19.00. Exercise walk.** Sporthallen, Hälleforsnäs. Target group: Everyone. Arr: Hälleforsnäs. Gymnastikförening.

**18.00-19.15. Hatha Yoga dynamic session.** The library, Flen. Bring a blanket big enough to cover you and a yoga mat if you have one. Target group: Everyone. Arr: Ashtanga Yoga & Holistic Massage/Lotta Ilona Bertilsson.

**18.30-19.30. Square dance try-out.** Tea-lokalen, Flen. Target group: Everyone. Arr: Violen Square Dance Club.

**18.30-19.30. Intermediate gym class.** Hammarvallen. Target group: Everyone. Arr: Flens Gymnastikförening.

**18.30-20.00. Lecture by Gunnar Bjursell.** Stenhammarskolan school hall. Target group: Everyone. Arr: Kulturrenheten, Municipality of Flen.

**19.00-20.00. Functional fitness.** Öjavägen 2, Flen. Target group: Everyone. Arr: Flen Sport & Hälsa IF.

**19.30-20.30. Hiit Carido.** Hammarvallen. Target group: Everyone. Arr: Flens Gymnastikförening.

## Wednesday 25/9

**09.30-10.30. Station.** Skjortan, Flen. Target group: Everyone. Arr: Friskis & Sveltis.

**10.00-11.00 & 12.00-13.00. Viewing of key gym.** Björkängens IP. Target group: Everyone. Arr: Betna AIS.

**11.00-12.00. Circuit training try-out.** Björkängens IP. Pre-register: khallerby@gmail.com. Target group: From the age of 10. Younger children accompanied by an adult. Arr: Betna AIS.

**14.00-15.00. Qigong.** Skebokvarnsgården. Target group: Everyone. Arr: Skebokvarns byggeråd.

**15.00-16.30. Mindfulness through nature walks.** Start at Fabriken, Sparreholm. Learn to relax your brain and practise awareness. Target group: Everyone. Arr: Human fullness.

**15.00-16.30. Sculpture walk.** Start at Järnvägshotellet, Flen. Target group: Everyone. Arr: Kulturrenheten, Municipality of Flen.

**15.30-16.30. Nordic Walking.** Stadshusparken Malmköping. Target group: Seniors. Arr: SPF Malmabygden.

**16.00-20.00. Skating disco.** GB-hallen. Skate sharpening and kiosk open. Target group: Everyone. Arr: Samhällsbyggnadsförvaltningen and Flen Hockey.

**17.00-18.00. Yoga.** Skebokvarnsgården. Target group: Everyone. Arr: Skebokvarns byggeråd.

**18.00-19.00. Step, Explode.** Skjortan, Flen. Target group: Everyone. Arr: Friskis & Sveltis.

**18.00-20.30. Discussion with politicians on climate change.** The library, Flen. Target group: Everyone. Arr: Naturskyddsforeningen Flen.

**18.15-19.15. Functional fitness.** Öjavägen 2, Flen. Target group: Everyone. Arr: Flen Sport & Hälsa IF.

**18.30-19.30. Spinning.** Hammarvallen. Booking via the website www.flensgf.se. Target group: Everyone. Arr: Flens Gymnastikförening.

**19.00-20.00. Gym class, Basic.** Skjortan, Flen. Target group: Everyone. Arr: Friskis & Sveltis.

## Thursday 26/9

**12.00-13.00. Lunch yoga for people aged 65+.** The library, Flen. Bring a blanket big enough to cover you and a yoga mat if you have one. Target group: Everyone. Arr: Ashtanga Yoga & Holistic Massage/Lotta Ilona Bertilsson.

**15.00-16.00. Boule.** Skebokvarnsgården. Target group: Everyone. Arr: Skebokvarns byggeråd.

**15.00-16.30. Mindfulness through nature walks.** Start at Fabriken, Sparreholm. Learn to relax your brain and practise awareness. Target group: Everyone. Arr: Human fullness.

**16.30-17.30. Exercise for men.** Sporthallen, Hälleforsnäs. Target group: Men. Arr: Hälleforsnäs. Gymnastikförening.

**16.30-17.30. Senior gymnastics.** Sports Hall, Malmaskolan, Malmköping Target group: Everyone. Arr: Malmköpings Gymnastikförening.

**18.00-19.00. Dance, Soft.** Sporthallen, Sparreholm. Target group: Everyone. Arr: Friskis & Sveltis.

**18.00-19.15. Hatha Yoga non-energetic session.** The Library, Flen. Bring a blanket big enough to cover you and a yoga mat if you have one. Target group: Everyone. Arr: Ashtanga Yoga & Holistic Massage/Lotta Ilona Bertilsson.

**18.00-19.30. Wrestling training.** Hammarvallen. Target group: From 14 years of age. Arr: Flen Wrestling Club.

**18.30-19.30. Tabata.** Hammarvallen. Target group: Everyone. Arr: Flens Gymnastikförening.

**19.00-20.00. Modus.** Skjortan, Flen. Target group: Everyone. Arr: Friskis & Sveltis.

**19.20-20.20. Tabata.** Öjavägen 2, Flen. Target group: Everyone. Arr: Flen Sport & Hälsa IF.

**19.30-20.30. Intermediate gym class.** Sporthallen, Sparreholm. Bring a mat/ sleeping mat, water bottle. Fitness, coordination and strength training. Target group: Everyone. Arr: Sparreholms Gymnastikförening.

**19.30-21.00. Ghost walk.** Elljusspåret, Malmköping. Target group: children aged 6-14 (children aged 6-9 accompanied by an adult). Arr: Youth recreation centres in the Municipality of Flen.

## A FESTIVAL OF CULTURE

### Festival at The Culture House.

Amazon, Flen. Thursday 26/9 to Saturday 28/9. Kulturföreningen FlenVärldsröster and the project The Culture House is organising a festival on the theme of culture and integration. Read more and see the programme on The Culture House Facebook page. Target group: Everyone.

## Friday 27/9

**16.30-17.00. Yoga.** Skjortan, Flen. Target group: Everyone. Arr: Friskis & Sveltis.

**16.30-17.30. Spinning.** Hammarvallen. Booking via the website www.flensgf.se. Target group: Everyone. Arr: Flens Gymnastikförening.

**17.00-18.00. Functional fitness.** Öjavägen 2, Flen. Target group: Everyone. Arr: Flen Sport & Hälsa IF.

**19.30-21.00. Ghost walk.** Äventyrsbanan Bruket in Hälleforsnäs. Target group: children aged 6-14 (children aged 6-9 accompanied by an adult). Arr: The youth recreation centres in the Municipality of Flen.