

ÄLMHULT RÖR PÅ SIG

ÄLMHULT IS MOVING



ÄLMHULT
HOME OF
THE HOME

Saturday
October 7th ,
kl. 11.00–15.00

Location: Friskis&Svettis in Älmhult

PROGRAM

Kl. 11.00–14.00. Studieförbundet Vuxenskolan – qigong, indian dance, thaibox, yoga and more. *Drop-in!*

Kl. 11.00–12.00. Yoga. *Drop in!*

Kl. 11.00–12.00. Cirkelgym soft. *Registration!*

Kl. 11.30–12.30. Lecture with Martin Lidberg - "The Way to a Better Health". 200 seats. *Registration!*

Kl. 12.30–13.30. Familjejymna. *Drop in!*

Kl. 12.30–13.30. Cirkelgym. *Registration!*

Kl. 13.30–14.30. Workout with Martin Lidberg. 70 seats. *Registration!*

Kl. 14.00–15.00. Lecture – "Fall or train, both can happen" with Jenny Folkesson and Veronica Cofre Lindow from Region Kronoberg.

Antidoping: Jonas Knutsson from Smålandsidrotten talks about doping and supplements.

This year's theme
**Movement and
recovery.**

THE MASTERS OF THE MASTERS

**MARTIN
LIDBERG**

LIDBERG
PERFORMANCE

Trade fair, lectures, free try-on-pass,
opening of "Hälsans stig" and more.

Registration for lecture or training sessions: Friskis&Svettis members book through their login, others report via email to info@almhult.friskissvettis.se. Write in the subject line in case of lecture or training session. Notify name and phone number. If you don't show up at the lecture or the training session with Martin Lidberg you are billed by 200 SEK.

Dining is available! Free entrance!

Do you want to join the fair or organize a lecture as a association, organization or company, you can sign up at www.almhult.se/almhultropasig

Questions contact: Anette Degerman, tfn 0476-551 22 or anette.degerman@almhult.se or Zara Tall, tfn 0476-0733-09 74 16, zara@almhult.friskissvettis.se