

Mötesplats Hälsa Torvalla

Outdoor Activity with Sonia och Akhaza

The activity leaders are Akhaza and Sonia, who work as Health Guides in Region Jämtland Härjedalen. Akhaza and Sonia speak many languages: easy Swedish, French, Kinyarwanda, Swahili, Lingala, Kirundi, Tigrinya, Tigre, Amharic, and Arabic. You don't need to speak Swedish well – we help each other.

9 oktober 12.00 - 14.00

6 november 12.00 - 14.00

11 december 12.00 - 14.00

Location: We meet outside Mötesplats Hälsa, located across from Coop in Torvalla Centrum – no pre-registration is required.

During our meetups, we will go for a walk and do exercises together to become stronger. You don't need any previous training experience – the exercises are simple and suitable for everyone. After the outdoor activity, we will go inside to Mötesplats Hälsa and have a conversation around a health-related theme. The activity takes place outdoors, so wear clothes suitable for the weather and shoes that are good for walking.

Bienvenue! ብዳህን ምደ! Karibu! أهلاً وسهلاً! Murakaza neza!



Questions?

You can contact Akhaza or Sonia.

Akhaza speaks tigrinja, tigre, amhariska, arabiska and Swedish at a basic level. akhaza.zekarias@regionjh.se 073-097 29 86.

Sonia speaks franska, kinyarwanda, swahili, lingala, kirundi and Swedish at a basic level. sonia.kayitabamwiza@regionjh.se 076- 764 87 96.

Please note, adult participants are not insured against injuries or accidents through the activity. We encourage each participant to have their own accident and injury insurance.