



New Year New Habits

The September launch

As we returned to work after the summer holidays, it was the perfect time for new healthy habits. 1 September we launched the autumn theme New Year New Habits, starting with an online talk with Tareq Taylor and continuing with guests like Ann-Sofie Forsmark and our talented IKEA colleagues addressing topics like sleep, stress and how to stay motivated, in online talks and workshops. The response has been super positive and so far 2600 people have joined our 12 different online talks and workshops.

Still to come in November

The theme New Year New Habits will continue in November, with online workshops, individual coaching and online and outdoor workouts.

Play – something for me? An eye opening online workshop with IKEA colleagues Magnus Thuvesson and Jessica Bondesson. 16 November 13:00

Physical health and sleep – How are they connected? An online workshop with IKEA colleague Tammy Helander 18 November 13:30

What gives you energy and keeps you motivated? An online workshop with Tess Donnelly and Jessica Bondesson 25 November 11:00

No signing up is needed, just join in via Aktivitetshusetalmhult.se



The January launch

In a time where technology develops at high speed it may be frustrating that our brain hasn't really changed that much since the stone age. Some of the things we are programmed to do, doesn't serve us well today.

In January we launch theme number two with focus on our brain and the great benefits from learning more about how it works, and in that way, understand what we can do to make it both function better and to increase both physical, social and mental health.

Just like in theme number one, there will be inspirational talks, workshops and activities for co-workers to join to explore the amazing world of how our brain works.

More information to come in December.

follow us:   

Aktivitetshuset



Welcome to our house

We are open!

Come on over and have a look, we are open! Bring your colleagues and solve that tricky work problem over a game of shuffleboard. Meet up with colleagues you haven't seen for a while, have lunch in our pergola and enjoy a fika from our new kitchen and bakery SMAK. Get comfortable in our Swedish stairs, get some work done as you watch people pass by, maybe someone will say Hej! We are the extension of the workplace, for new impressions, to connect, recharge and enjoy your workday. And with both gym and massage therapists close by, just saying.

Any plans for the weekend?

Let us take care of the freshly made breakfast buns, the energy boosting lunch or the bakery made pastries. Relax and enjoy your weekend with us, on your own or together with your family and friends. Get creative, play, workout together or just enjoy a really good fika.

New menu at SMAK

In our kitchen and bakery SMAK everything on the menu is made with a special thought behind, to be good for you. For autumn we have a brand new menu with the popular weekly soup returning and a new concept for our salads - mix and match for a maxedout taste experience. Check out the menu at our website!

Move and Mind

How about a Saturday morning with yoga, freshly made breakfast and workouts for your whole body? With Move and Mind we offer a morning of togetherness, happiness and health. This time on site at Aktivitetshuset, on 13 November, 08:00-12:00. More information on our website.

New autumn workout schedule

Check out our new online workout schedule on our website. No need to sign up just join by clicking on the link in the schedule. Try meditation, yoga or maybe a strength class for the whole body?

Autumn break is here

For autumn break, 1 November to 4 November, we have a full schedule prepared. With outdoor workouts, movies, game night and cup-cake decoration workshop. And of course a house full of play, activities and workouts. Check out the website for more information on how to sign up for the autumn break activities.

Tage and Monica - lunchtheater

On 23 November we welcome Regionteatern and the show 'Tage och Monica'. Find out more about the show [here](#), and more information to come on our website!

Someone say jingle bells?

On Thursday 18 November 16.00, it's time for our annual Christmas fair at Aktivitetshuset. With a wide range of unique handcrafted gifts, pastries and a lot more. Who knows, maybe Santa will turn up. Virestad-Härlunda choir will help us set the Christmas mood.