**THE ADULT EDUCATIONAL CENTER – GET-TOGETHERS AND WELLBEING**

Adult educational centers are the largest form of educational institutes in Finland. Annually, 600 000 people attend different courses and over 2 million lessons are held. In 2022, over 500 students attended courses and over 2 400 lessons were held at the Adult Educational Center of Vieremä. These courses were held downtown as well as in the villages and online. We will continue the same during the next academic year 2023-2024. There are familiar activities and subjects available as well as something new, like Yin Yoga and standing bell relaxation. There will also be a new guided gym session for young people.

What are adult educational centers for? What is their purpose today and in the future? The Adult Educational Center of Vieremä creates opportunities and get-togethers where everybody can improve their skills with each other. Actively getting involved and starting a hobby is good for everybody! In these courses and events you will feel togetherness, learn new things and experience success together. A pleasing hobby helps you recover and deal with everyday life.

Culture, art and creative activities strengthen health and wellbeing in many ways. There are almost a hundred courses available throughout the year - ranging from evening meets to the whole year long courses. Come and try something new - we have something for everyone! We heartily welcome you to learn and do, attend lessons, concerts and exhibits with us.

Best regards, principal Kirsi Taipale