



Culture helps you to reduce feelings of stress.

Do you suffer from boredom?

You, too, can find something new to try at kulttuurikunto.fi > in English

Cultural Fitness is a nationwide joint venture between the Finnish Cultural Foundation, the Swedish Cultural Foundation in Finland and the Finnish Broadcasting Company (YLE). The objective of Cultural Fitness is to eradicate fears and prejudices related to experiencing culture, and to inspire new experiences.

Cultural Fitness combines the supply of culture, the support of employers and the activity of cultural exercisers into a network that benefits everyone.

- Seek and find your own thing
- Start slowly
- Focus on progress
- Persistence is the key
- Go for variety
- Exercise lightly when sick

Get a good life!

Return by 31 May, 2010.
Cultural prizes will be raffled off among those who return their cards!

First Class
Mail Stamp

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Sender:

Address:

E-mail /Telephone:



Come along
and take up
culture!



Cultural Fitness Card