

Try something new!

Thanks to your Sporren membership you can try various activities for free, take classes at a subsidized price, discover new places, find new friends and receive discount on more than 60 companies in Umeå.

As an employee of Umeå city you are automatically a member of Sporren.

Receive your personal membership card in the City hall reception or order membership cards to the entire workgroup from www.sporren.info



Personalföreningen **Sporren**

Umeå city

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What spurs you?



Umeå city Recreational association



Your recreational association

Sporren is a recreational association guided by Umeå city's staff policy within the health enhancing area.

All co-workers at Umeå City and those retired from Umeå City in 2011 and there after are our members.

We aim to spur you on to a better health and welcomes you to activities ranging from body, soul to culture.—**Yours for the taking!**

The board of Sporren consists of 10 members from various parts of Umeå City. The health developer of Sporren work together with the board to preserve the good and find new ways.

Please let us know if you have any ideas about what Sporren should do!

Activities

Sporren arranges and communicate many activities. We work from a yearly planning with new and reoccurring events.

Example of reoccurring events are:

- ⇒ Yoga classes
- ⇒ Creativity fair
- ⇒ Running classes with health coach
- ⇒ Sale of orientation maps
- ⇒ Lucia at City Hall

Our subsidized activities are often planned for Sporren members only to both spur healthier living and to encourage social contact with other like minded.

We aim to utilize our own recourses in an environmental and sustainable way and work together to spur us together to better health though activities, harmony, joy, lust, inspiration and knowledge.

If you chose to subscribe to Sporren's news you will receive a mail every time we publish something!

Discount

Sporren have the great pleasure of offering discount for our members at more than 60 dealers in Umeå City.

Example of discount are:

- * 20% off at any class at Medborgarskolan
- * 50% off on used computers at Returbutiken
- * 35% off on paint at Caparol
- * 25% off on fire extinguishers at Västerbottens Brandredskap
- * 15% off on clothes and shoes at Utomhusliv.se
- * 25% off on training at Urstark

Enter www.sporren.info to find out what discount you might want to use — and remember your Membership card!

