

## **Integration through sport**

### **Sport is the common language of the world!**

Under the slogan "fit and healthy through the winter" Integrationspunkt Hamburg invites you to attend a great intercultural fitness event on

**Saturday the 03.12.2016**

From 12:00 O'clock in Hamburg –Hamm

Together with fitness training

Samba training with ***Trainerin Josi***

Fitness training personal trainer ***Sami***

Health-and nutritional advice and information's about sports in HT16.We want to spend a nice day together know each other and get more experience .

The sports program will be in the

**Hamburger Turnerschaft von 1816 r. V.**

**Sievekingdamm 7**

**20535 Hamburg**

**Hamburg Hamm Statt**

**We will be happy with your presence**

***Please bring sports clothes with you***

We have limited places if you are interested please register in time until the 30.11.2016 under the email

[Info@integrationspunkt-hamburg.de](mailto:Info@integrationspunkt-hamburg.de)