

Bocholt Health Days

From 28 June to 4 July 2026, everything in Bocholt will once again revolve around your well-being: For one week, the Bocholt Health Days invite you to recharge your batteries, get active and gain valuable inspiration for your everyday life. With a varied and completely free programme, the city initiative shows how easy and versatile health promotion can be right on our doorstep.

Whether it's relaxation in the countryside, creative cuisine or fun exercise - the Health Days offer the right programme for every age and every situation. We use the most beautiful corners of our city and our lively neighbourhood meeting places to make health a low-threshold and shared experience.

The highlights of the campaign week at a glance



The kick-off: Yoga day in Langenbergpark (Sunday, 28 June) We start relaxed and powerful at the same time. Enjoy Sunday in the open air with a colourful mix of Qi-Gong, yoga, Pilates and dynamic dance yoga. Even the youngest ones will get their money's worth with family yoga, while the interactive pleasure parkour by alamed GmbH will sharpen the senses.

The weekly programme in the neighbourhoods (Monday, 29.06. to Friday, 03.07.) During the week, the programme moves into the heart of our neighbourhoods.

The grand finale: Dance day in Langenbergpark (Saturday, 4 July) Finally, we get Bocholt moving! Let the rhythm infect you: from modern line dance and solo Latin dance to cheerful children's dance to sweat-inducing Zumba and dance fitness, the whole family is guaranteed to have a great time in Langenbergpark.

Yoga day in Langenbergpark

— Sunday, 28.06.2026

- 11:00 - 11:45 a.m. **Qi-Gong** | Sabine Holz
- 12:00 - 12:45 **Yoga** | Daniela Steinrücke (SYBO-Fitness)
- 13:00 - 13:45 **Yin Yoga** | Jessica Lage (Perspektiv Wechsel)
- 14:00 - 14:45 **Pilates** | Anna Epping (Pilates with Anna) & Melanie Sonsmann (PilatesLiebe Bocholt)
- 15:00 - 15:45 **Dance Yoga** | Silvia Hüfing (Yogawerk)
- 16:00 - 16:45 **Family Yoga** | Christina Voetmann (Calmana)
- 13:00 - 15:00 **Interactive pleasure parkour** | Kira Brüning (Occupational Medicine alamed GmbH)

Weekly programme

— Monday, 29.06.2026

11:00 - 13:30 Nutrition workshop: Eat the Rainbow - Colourful is healthy
A colourful bowl not only looks beautiful, but is also full of valuable nutrients. In this workshop, we discover why variety on the plate is important and prepare a colourful bowl together.

Who: Kira Brüning - company medicine alamed GmbH
Where: Feldmark-West neighbourhood, Werther Str. 149

Tuesday, 30.06.2026

11:00 - 15:00 Nutrition workshop: From knowledge to enjoyment - your summer to cook with
On this morning, we will prepare snacks for picnics, salads for warm days and light summer fare. There will be plenty of time to chat while enjoying the food together.

Who: Nicole Schieber - Schieber nutritional counselling
Where: City centre quarter, WattExtra cooking studio, Kaiser-Wilhelm-Straße 1

16:00 - 16:45 Family yoga
Mindful & enjoy the here and now together. Get moving and relaxing in a child-friendly way. We create memories with lots of joy!

Who: Christina Voetmann - Calmana
Where: Friedhofsviertel neighbourhood, Breslauer Str. 2

16:00 - 18:00 Sport in the park
Get active outside together and enjoy exercise! Whether yoga, football or light exercise - there's something for everyone.

Where: Fildeken-Rosenberg neighbourhood, Rosenbergpark

19:00 - 20:30 Mental Load - the invisible permanent responsibility
We take a closer look, visualise boundaries and start to think and feel ourselves again.

Who: Karin Tünste, systemic family and partner counsellor
Where: Feldmark-West neighbourhood, Werther Str. 149

– Wednesday, 01.07.2026

11:00 - 14:00 Nutrition workshop: Healthy barbecuing - on the grill & off the grill

Before the barbecue heats up, it gets colourful: together we prepare fresh, creative barbecue side dishes that are healthy and enrich every barbecue buffet.

Who: Kira Brüning - company medicine alamed GmbH

Where: Quartier Südwest, Barendorfstr. 24

15:45 - 16:30 Chair gymnastics

Stay active - even when sitting down: This exercise programme is ideal for anyone who finds floor exercises difficult or is no longer able to walk well.

Who: Bettina Tahlheim - Kneipp Association

Where: Hochfeld neighbourhood, VfL 45 clubhouse, Am Lönsstadion 1

18:00 - 21:00 Wild herb hike - edible city

Discover with us the hidden treasures of nature right on our doorstep! On a joint wild herb hike from the neighbourhood to the Edible City, we will discover edible plants and collect fresh herbs. Afterwards, we will prepare small snacks in the neighbourhood and enjoy them together.

Who: Torsten Wollberg - Wiesenwolf

Where: Quartier Südwest, Barendorfstr. 24

18:30 - 20:30 ADHD: Disorder? Superpower? Fashionable diagnosis?

An insightful journey through the colourful and obstacle-filled world of big and small people with ADHD.

Who: Vera Bergmann - ADHD hurdler

Where: Feldmark-West neighbourhood, Werther Str. 149

Thursday, 02.07.2026

15:00 - 16:30 He who rests, rusts

A holistic memory training programme.

Who: Barbara Tembrink, certified memory trainer BVGT e.V.

Where: Feldmark-West neighbourhood, Werther Str. 149

15:30 - 17:00 Staying active despite dementia - the use of active tables

Learn how active tables can promote the cognitive and motor skills of people with dementia. In this workshop you will receive practical tips and valuable information for everyday life.

Who: Tanja Hungerkamp - DRK

Where: Quartier Südwest, Barendorfstr. 24

From 16:00 Open play programme in the park with picnic

Play, romp and discover together - a colourful afternoon of games for (grand)parents and children with lots of play equipment and vehicles.

Who: Manuel Loeker

Where: Giethorst neighbourhood - on the meadow behind the hospice at Clemens-Dülmer-Schule

18:00 - 20:00 Bachata for beginners without previous knowledge

Dancing and practising together with lots of fun and good humour.

Who: David Bauer - ADTV dance school INTAKT

Where: Feldmark-West neighbourhood, Werther Str. 149

Friday, 03.07.2026

09:00 - 11:30 Sewing café - Sewing fruit and vegetable bags

Plastic bags are a thing of the past! With step-by-step instructions, we will sew environmentally friendly fabric bags together.

Who: Glades Tchiri

Where: Quartier Südwest, Bärendorfstr. 24

10:00 - 11:00 am Qi-Gong outdoors

Arrive, take a deep breath, calm down - this gentle Qi Gong session in the park combines movement and breathing with nature. A soothing time-out for body and mind.

Who: Heidrun Rinke

Where: Quartier Südwest, monastery garden on the meadow

17:00 - 18:30 Breath, stress & inner peace

Gentle breathing and relaxation exercises lead you step by step to calmness. A subsequent fantasy journey provides deep relaxation, clears the mind and gives rise to new strength.

Who: Tatjana Specking, hypnosis coach and relaxation trainer

Where: Feldmark-West neighbourhood, Werther Str. 149

18:00 - 19:00 Shiatsu

Touch that moves.

Who: Rita Hasse, Shiatsu practitioner from the European Shiatsu Institute Münster (level 5)

Where: Feldmark-West neighbourhood, Werther Str. 149

Dance day in Langenbergpark

 **Saturday, 04.07.2026**

14:00 - 14:30 **Modern Line Dance** | DAS TANZ-CENTER

14:30 - 15:00 **Solo Latin Dance** | DAS TANZ-CENTER


15:00 - 15:30 **Children's dance** | ADTV Dance School INTAKT

15:30 - 16:3.00 pm **Zumba & Dance Fitness** | ADTV Tanzschule INTAKT & Christina Voetmann - Calmana

Contact us


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Event Details

Venue

📍 **Langenbergpark**
Adenauerallee
46397 Bocholt

Organizer:

📍 **Quartiersentwicklung der Stadt Bocholt, Initiative "GemEinsam", "teamw()rk für Gesundheit und Arbeit"**

