

15. June 2026

Family

Bocholt Health Days offer a varied programme of activities

A varied programme of events from 28 June to 4 July 2026 // Yoga Day and dance event in Langenberg Park, as well as activities in the local neighbourhoods

From 28 June to 4 July 2026, the City of Bocholt is hosting the Bocholt Health Days, featuring a wide-ranging programme focusing on exercise, relaxation and healthy eating. The activities are aimed at all age groups and will take place in Langenberg Park and at local community centres. Residents can take part in the various hands-on activities free of charge and without prior registration.

The Bocholt Health Days, organised by the town of Bocholt for the third time, offer local residents a week-long opportunity to try out various aspects of health promotion right on their doorstep. The aim of this municipal initiative is to embed health-conscious behaviour into everyday life. The programme combines practical sports and relaxation activities with talks on health-related topics.

The campaign week kicks off on Sunday, 28 June 2026, with a yoga day in Langenbergpark. From 11 am to around 5 pm, different disciplines will take turns every hour, including Qi Gong, classical yoga, Yin Yoga, Pilates and Dance Yoga. To round off the day, a family yoga session will be offered, specifically designed for adults and children to exercise together. At the same time, an interactive fun obstacle course will be available to participants in the park between 1 pm and 3 pm. During the week, the programme will shift specifically to Bocholt's neighbourhoods to bring as broad and varied a range of health-related topics as possible right on residents' doorsteps.

"With the Health Days, we want to reach people in Bocholt directly in their everyday lives and show that health promotion can be integrated into daily life with minimal effort," explains co-organiser Meike de Oliveira Moreira from the Social Services Department at Bocholt City Council. "The diversity of our programme is reflected in the combination of theory and practice. The range extends from interactive nutrition workshops on healthy cooking, through specialised sports and exercise sessions for different age groups, to information events on care and everyday issues, as well as events focusing on mental health."

In addition to preventive activities such as outdoor relaxation courses, modern technical aids to support people with dementia will also be showcased. Through this multifaceted mix, the Health Days cover physical fitness as well as mental health and socially relevant care issues.

The Health Days will conclude with a Dance Day in Langenbergpark on Saturday, 4 July 2026. From 2 pm, local dance schools and fitness studios will present various styles such as modern line dancing, solo Latin dancing, children's dancing, Zumba and dance fitness, all of which invite participants to join in.

The events will take place outdoors or in larger venues at the neighbourhood centres, so spontaneous participation is often possible. For some activities, advance registration by email or telephone directly with the respective provider or neighbourhood centre is requested to guarantee a place. The full programme and further details are available on the City of Bocholt website at [bocholt.de/gesundheitsstage2026](https://www.bocholt.de/gesundheitsstage2026).



© Stadt Bocholt

From yoga to nutrition workshops - the Bocholt Health Days are kicking off with a wide range of activities for the people of Bocholt.