



Kanta-Hämeen
NEUROYHDISTYS

Kanta-Hämeen neuro association was
founded in year 1983.

At first the name of this association was
Kanta-Hämeen MS –association.

Kanta-Hämeen neuro association
is a member in The Finnish Neuro Society.



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Kanta-Hämeen neuro association's
domicile is Hämeenlinna.

We operate in Hämeenlinna, Hattula,
Janakkala, Riihimäki, Hausjärvi and Loppi.

Members in this association is 336.



Kanta-Hämeen neuro association aims at offering the people with MS, rare neurological disease and essential tremor as well as their families and close ones the best possible support for a good life.



Kanta-Hämeen neuro associations activities are various events and exercise clubs as well as peer support clubs.





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Expected and recurring events are
Hyvän Olon Päivä in autumn and
Hyvän Olon Ilta in spring.

In these events our members meet friends
and acquaintances in a relaxed atmosphere.
Annually we organize outdoor events and
for example visits to museums.



"Hyvä olo" means feeling good





The peer clubs of Kanta-Hämeen neuro association are: NeuroHarnes, Neuro Martat&Martit, Konkarit and Lammin Letkeät.

In these clubs we meet to chat, do crafts, exercise – support each other.

Common joy in forms of exercise, gym training and water aerobics offer Riksun reippaat, Riksun vireet, Voutilan vetreet and Arielit ja Ahdit.



Join us to get together!

At first you can test what you like of us and then decide if you want to join in our association.

As a member you get guidance and information at different stages of the disease.

In addition you receive the Avain magazine five times a year. The Avain magazine is published by the Finnish Neuro Society.



Kanta-Hämeen neuroyhdistys ry

<https://neurokah.fi>