

PRESS RELEASE

03 September 2026 13:30:00 CEST

Press invitation to Attendolunken 2026

During the first two weeks of September, the annual Attendolunken will take place at Attendo's nursing homes and within Attendo's home care operations across Sweden. Elderly people, relatives, employees and preschool children come together in local races where physical activity is combined with social interaction. Last year, around 3,000 people took part in Attendolunken.

Attendolunken is an annual tradition within Attendo in Sweden and this year will be held in all regions. The idea is simple: to inspire physical activity while creating opportunities for people to meet. Research shows that both physical activity and social relationships are important components of a meaningful life. In many locations, the races are combined with music, refreshments and other activities, as well as local collaborations.

"Attendolunken shows how much a fairly simple activity can mean to elderly people. Physical activity is important throughout life, but the social interaction surrounding it is just as important. When elderly people, relatives, employees and preschool children come together and do something together, it creates a sense of community that brings both joy and energy. Attendolunken has become an activity that many people look forward to," says Marcus Fält, Director of Nursing Homes, Attendo Scandinavia.

Local events across Sweden

In several locations, Attendolunken has developed into an event that also engages the local community. In Gävle, preschool children take part together with elderly people at Attendo Pukslagarvägen, and in Uppsala the nursing homes Attendo Orgelgatan and Attendo Kapellgärdet Norra invite preschool children to join them in their shared courtyard.

At Mejerigatan in Vellinge, this year's Attendolunken is combined with the nursing home's seventh anniversary celebrations. At Postflyget in Gothenburg, the day usually grows into a real community celebration, with activities surrounding the race itself.

In other locations, several Attendo operations collaborate and invite residents' relatives and other local stakeholders. What the events have in common is the aim of creating a day where physical activity provides an opportunity for people to meet and do something together.

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Welcome to attend and cover Attendolunken

Journalists are warmly welcome to visit and cover Attendolunken at all locations. The races will take place on different dates during the first two weeks of September across the country.

Would you like to know when Attendolunken will take place in your municipality or region, receive more information about a local event or get in touch with one of our operations? Please contact Linda Bengtsson, Press Manager.

Attendo AB (publ)

For further information, please contact:

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About Attendo: Attendo is the leading care provider in the Nordics. With compassion, commitment and competence, we create quality in every interaction and strengthen the individual in their everyday life. Through experience, specialist competence and ability to add capacity, we are part of the solution to the care challenges in society. Our vision is to provide better care to more people. The operations comprise approximately 770 units and around 33,000 employees in Finland, Sweden and Denmark. Attendo's head quarter is located in Stockholm and the company is listed on Nasdaq Stockholm.

For more information

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