

Do you want to change your lifestyle and improve your health?

Do you want to eat better, exercise more, quit smoking or drink less alcohol? Then come and talk with us at the lifestyle clinic in Angered.



We offer advice and support for those who want to change their lifestyles. If you already have a healthy lifestyle but need support to keep it up, you are also welcome.

Who can apply?

We are here for adults (over 18) who live in north-east Gothenburg. Appointments are free.

How to find us

We are at Angereds torg 5B (bus stop: Angered centrum). We are open

Monday-Friday between 8.30–16.00.

Make an appointment

- By phone: 031-332 68 66 (Monday–Friday, 13:00–15:00)
- In person at Angereds torg 5B (Monday–Friday, 13.00–15.00)
- On the website 1177.se (go to "levnadsvanemottagning")



Levnadsvanemottagning
Angered's web site.

Please feel very welcome!