

Course

# MAMA & FIT



Mama & Fit is the way to start exercising again after your pregnancy. In six lessons you will be assisted by a physiotherapist to get your body back in balance and to make the right start to return to your own sport or to try something new. After your pregnancy it is important not to immediately expect your body to continue exercising at your old level. Your diastasis (separation of the abdominal muscles) will be mapped and possibly treated (appointments are planned for this separately), the stability around the pelvis and lower back will be trained and we will start improving your condition.

## WHERE?

SGE Meerhoven  
Meerwater 27, Eindhoven.

## WHEN?

Monday evenings from  
8.30 pm to 9.30 pm.

## INFORMATION

For more information, contact  
Susanne van den Heuvel via:  
s.vandenheuvel@sge.nl or T. 040-7116240.

## COST?

For 6 lessons 75 euros.

## REGISTER:

Go to [www.sge.nl/cursus](http://www.sge.nl/cursus)

