
A large, stylized sunburst graphic in a light yellow-green color, centered behind the main title text.

# **“Mama-fit” Präventive Beckenbodenfitness/Rückenfit**

- Krankenkassen bezuschussen mind. 75%
- 8 Einheiten a 60 min
- die Kursgebühr beträgt 130€

Kursleitung: Carina Berns-Grote  
Physiotherapeutin  
0177/4971031 // [carina.berns@gmx.de](mailto:carina.berns@gmx.de)

A collection of decorative geometric shapes in the bottom right corner, including a double-lined circle, a solid light green circle, a solid dark green circle, and another double-lined circle.