NEW PARENT SUPPORT PROGRAM
Presents
Infant Massage Classes

MAR 3, 10, 17, 24, 31 / JUN 2, 9, 16, 23, 30 / SEP 1, 8, 15, 22, 29
5 to 6:30pm / Community Center, Bldg. 1004

Infant Massage is an opportunity for parents to bond and communicate with their infants through touch. It can help to aid in infants' digestion and promote sleep. This class will give you an opportunity to gain a better understanding of your infant's cues and contribute to their growth and development.

Open to parents with infants ages 0-12 months.

ONLY SEVEN SPACES are available for each month that the class is offered.

You must attend all five sessions in your selected month for completion.

Bring two comfortable blankets and a small bottle of light, edible natural oil. (Cold-pressed fruit/vegetable/seed oils, such as grapeseed or sunflower, are recommended.)

REGISTRATION IS REQUIRED, PLEASE CALL 760.830.7622.