

Community Education Service

Introduction to Infant Massage

* 4 Session Course

February 5, 12, 19 and 26, 2019

2:00 pm - 3:00 pm

Sign in: 1:45 pm

YW Parent Link Centre

320 – 5 Avenue SE, Calgary

Register: <http://community.hmhc.ca/>

For more information: email ces@ahs.ca or call (403) 955 - 4747

The YW Parent Link Centre is offering a FREE 4-session infant massage class to moms, dads & families with babies between **6 weeks and 6 months of age**. Dolls will be provided for expectant parents and those who come without children.

Topics include: Benefits of infant massage for child and parent; emotional regulation; reading babies' cues; and simple strokes for the legs, feet, stomach, chest, arms, back and face.

**Located 2 blocks north of City Hall C-Train Station
or paid street parking available *fees may apply for parking***