

# Community Education Service

## Introduction to Infant Massage

\* 4 Session Course

**March 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](mailto: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\***