



You are invited to attend a
FREE introductory

Infant Massage Class
For
Parents and Babies

**Why learn to massage your
baby?**

Bonding—enhances communication as it encourages positive interaction

Relief—from the discomforts of teething, congestion, colic and gas

Relaxation – massaging your baby is enjoyable and relaxing for you and it may improve the quality of your baby's sleep

Who: Parents & babies ages birth-1 year

Cost: FREE

Dates: Saturday, Sunday and Monday
September 27th, 28th & 29th, 2014

Time: 1:30 – 2:30 pm

Where: North Country HealthCare's
Learning Center (house in parking lot)
2920 N. 4th St., Flagstaff, AZ

86004

**For more information and to register, please contact:
Julie Jorgensen at 928-522-9430**

- Parents will massage their own baby and will learn new strokes at each session.
- You are invited to attend one, two or all three classes.
- A Certified Educator of Infant Massage will teach the parent-baby classes. Instructors-in-training will be observing and assisting with the classes.
- A bottle of baby massage oil and handouts will be given to each family.

Affiliated with the **International Association of Infant Massage** www.iaim.net and
Infant Massage USA www.infantmassageusa.org
“Infant Massage...communicate your love through touch”