



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
Aug 1st, 2nd, and 3rd, 2015

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:

Maria Wakelin at 928-951-3122

- *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”