

Infant Massage

In this 5 week course, you will learn the special massage strokes that can benefit both you and your baby (newborn to approx. 7 months old).



Massaging your baby can help:

- Relax and soothe your baby
- Promote strong parent-child relationships
- Relieve colic or "gassy spells"
- Stimulate circulatory and gastrointestinal (digestive) systems
- Baby may sleep longer and deeper



Date: September 28, 2017
Time: 10:00 - 11:30 am
Location: Stirling PLC (at the Pool)

For more information or to register, please contact Stacey @ 403 756 3572