

# INFANT MASSAGE



## A PARENT AND ME SERIES

For Children Ages BIRTH TO CRAWLING

Tuesdays, November 03 to November 17, 2020 11 a.m. to 11:30 a.m.

### Benefits of Infant Massage for Baby

- Helps to decrease stress for you and your baby.
- Helps relieve discomfort from constipation, gas, and colic.
- Helps normalize muscle tone and improve blood circulation.
- Stimulates brain development and improves sensory awareness.
  - Promotes bonding and attachment.

Space is limited PLEASE REGISTER:

<https://us02web.zoom.us/join/join?meetingref=tZwkdOyoqD4rGNHaYba54svQmGzmDwICFGS4>

For more information contact Paola Coronado at 213.252.8348 or [pcoronado@lanterman.org](mailto:pcoronado@lanterman.org).

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