

# INFANT MASSAGE



## A PARENT AND ME SERIES

For Children Ages 0 TO CRAWLING

Thursdays, March 17 to April 28, 11:00am to 12:00pm

(No Class April 7)

Series runs for 6 consecutive weeks

♥Families who attend 5 or more sessions will receive materials♥

## 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 REGISTRATION is required:

[www.fdlrc-infant-massage-mar2016.eventbrite.com](http://www.fdlrc-infant-massage-mar2016.eventbrite.com)

For more information contact 213.252.5600 or [kyrc@lanterman.org](mailto:kyrc@lanterman.org).

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