

INFANT MASSAGE



A PARENT AND ME SERIES

For Children Ages **BIRTH TO CRAWLING**

Wednesdays, March 21 to April 11, 2018 11 a.m. to 12 p.m.

♥Families who attend all 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: <http://www.fdlrc-infant-massage-spr2018.eventbrite.com>

For more information contact Paola Coronado at 213.252.8348 or pcoronado@lanterman.org.

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