

## **BABY'S FIRST MASSAGE (birth – 6mos w/parent)**

Want your baby to sleep longer? Less tummy troubles? Baby massage can help! Learn massage strokes that promote your baby's relaxation, alleviate gas, ease digestion, boost immunity, and improve circulation. Parents enjoy a fun bonding experience that initiates great communication from a young age. Bring your baby and a thick blanket. Everyone goes home with an illustrated booklet to help recall massage techniques learned in class.



**Instructor: Jill Reyna RN, BSN**

**#114110.01 Wednesday, March 4, 10 - 11 a.m.**

**DCRC, Meeting Room 2**

**Fees: \$25 CR \$35 SDR/NR**

*Resident Registration begins online December 22.*

*Non-resident registration begins December 29.*

Questions? Please contact Jennifer Vosters, Program Coordinator at 410-4573,  
or Erin Duffee, Program Supervisor at 410-4558.

