

# Infant Massage Class

For Infants birth through 12 months old and their parents



Free!

10:30am - 12pm

Saturdays (5 weeks)

March : 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>

April : 4<sup>th</sup>

Snacks & beverages provided!

Location:

Changing Tides Family Services  
2257 Myrtle Avenue, Eureka

To Register call 444-8293  
or via Facebook

## Benefits of Infant Massage:

- Builds and strengthens connections between neurons in baby's brain
- Promotes bonding and secure attachment
- Promotes relaxation which improves sleep patterns
- May reduce colic, constipation and teething discomfort

Dee Ann Duncan and Amanda Steinebach  
are student instructors completing their  
certification.



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