

Infant Massage Class

For Infants birth through 12 months old and their parents



Free!

10:30am ~ 12pm

Saturdays (5 weeks)

March: 7th, 14th, 21st, 28th

April: 4th

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.



changing tides
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