



infant massage usa

FREE INFANT MASSAGE CLASS

You are invited to a FREE Infant Massage Class for parents and babies less than one year!

It will be held at:

The ARC of Montgomery, Berks and Bucks Counties
3075 Ridge Pike
Eagleville, PA 19430-1538

Wednesday, Thursday and Friday
June 1-3, 2011
11-12 pm

Infant Massage is a great way to connect to your baby. Studies have shown infant massage can help babies sleep better, gain weight, reduce fussiness, improve health and reduce stress. Parents who massage their babies often experience increased closeness to and understanding of their infants, reduced stress and post-natal depression, and simply enjoy a wonderful experience with their child.

Come all three days to learn the full massage. Bring your baby and your partner, if available. Pack a towel or blanket you do not mind getting oil on, and a bed pillow. You will be the only one massaging your baby.

This parent-baby class is part of an Infant Massage Parent Educator Training, run by Jody Wright, trainer for Infant Massage USA (infantmassageusa.org). Jody Wright is a founder of the International Association of Infant Massage, with its international offices in Sweden (iaim.net). She is a lactation counselor, served as the president of the Motherwear catalog for 20 years, and is a mother of five who lives in Northampton, Massachusetts.

Space is limited, please register right away. Contact Fran Crowe at FCrowe@marcpa.org or call 484-868-0438 to register.

Thank you.