

INFANT MASSAGE

Whether it's to soothe a little one to Dreamland, ease a gassy belly, or calm a fussy baby, a gentle massage can work wonders — and the power is in your tender touch.

Of the five senses, touch is the one that's most developed at birth. Research suggests that infant massage has enormous benefits for helping babies grow and thrive including:

- Easing tummy troubles
- Boosting muscle development
- Helping soothe to sleep

What's more, giving your baby a massage can help you find your own sense of calm!

Infant massage will be taught over a span of 4 weeks, with instructors demonstrating on dolls.

Class will be held on the following date(s):



MARINE & Family

703-614-7208 or 703-614-7204
www.mccshh.com/npspclasses.html

MCCS
HENDERSON HALL