

Family Focus Williamsburg Presents: *Infant Massage*

Taught by: Certified Infant Massage Instructor Kaye Levy
Thursdays, February 7th – March 13th
10:00 a.m. – 11:30 a.m.

In just 6 classes you can enhance parent/child communication and bonding, by learning massage strokes to help you and your baby relax and release stress. Massage helps to stimulate babies' growth and development.



Benefits of Infant Massage:

- *Relaxes and Soothes*
- *Deepens Bonding*
- *Improved Communication*
- *Contributes to Development*
- *It is Empowering*
- *Helps Baby Sleep Better*

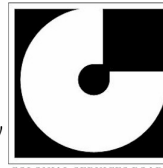
Registration is required. Required minimum of 8 participants. Call Sheree at 566-9777. \$15.00 fee includes class, book and oil. Location of class: Family Focus Williamsburg (York River Baptist Church, 8201 Croaker Road, Williamsburg).

*Massaging your baby is a tactile translation
of love, security and physical comfort – a
dance between you and your baby.
You will be using the same strokes that
generations of parents all over the world have
used, yet you will massage your baby as no one else can!*

Family Focus is a program of the Colonial Services Board. This Class is being funded by a Williamsburg Community Health Foundation.



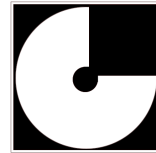
Williamsburg Community
Health Foundation



COLONIAL SERVICES BOARD



*Williamsburg Community
Health Foundation*



Colonial Services Board