



**CENTRAL**  
*Abbotsford*  
**COMMUNITY SCHOOL**

# Baby Massage!

During an infant massage class you and your child, will learn and feel the benefits of nurturing touch. We do this through massage, reflexology and yoga. We will learn new stroke movements each week, by the end of the 8 sessions you will be able to give your child a full body massage. You will also learn strokes that can help your baby with common ailments like teething and tummy pain. We follow the babies cues and learn what they like and dislike while being respectful to their needs and wants.

During a baby massage class we will get to know each other, discuss some useful parenting topics and have time to ask questions.



- Who:** First Year (0 - 12 months)  
**When:** Tuesdays from Oct 2 - Nov 20, 2018  
9:30 am - 11:00 am (8 sessions)  
**Where:** Sweeney Neighbourhood Centre, Room B  
**Cost:** FREE

To register please visit our website at [www.abbycommunity.com](http://www.abbycommunity.com).  
For more information call the CACS office at 604-853-2221.