

New Parent Support Program

Infant Massage

INSTRUCTION

Learn the Art of Infant Massage

REGISTRATION ONGOING

The benefits for parents and babies
are numerous:



- Better sleeping pattern
- Improved food absorption
- Increased self-esteem from focused attention
- Confidence as a parent
- Release of maternal/paternal nurturing hormones
- Helps to ease parental stress
- Promotes bonding with your baby

For more information, call

706-791-3579

Family Outreach Center

