

Introduction to Infant Massage: Group Class Series

Learn techniques for connecting with and soothing your baby

Touch is the first sense developed in utero, and massage is a wonderful way to connect and communicate with your baby. Join MarinHealth masseuse and certified infant massage instructor Sylvia Goodman, MS, CMT, CIMI for a series of three infant massage classes.

Each class will cover how to massage different areas of the body for specific benefits, including fostering interactive communication, aiding digestion, and soothing the nervous system. Massage can also help foster baby's trust and increase your confidence as a parent.

Each series will be limited to no more than 6 families.

Registration is required.

Sign up at MyMarinHealth.org/InfantMassage

Who

Babies ages 3 weeks to pre-crawling
Accompanied by
1-2 parents/caregivers.

When

A 3-class series
October 13, 20, and 27 (Mondays)
10 am - 12pm

Where

Health Resource Center
1350 South Eliseo Drive
Greenbrae, CA 94904

Cost

\$150

Notes

Please bring a blanket.

We know it can be tricky to make plans with little ones. Unfortunately, we cannot offer refunds for missed classes.

