



## FREE INFANT MASSAGE WORKSHOP

Build attachment with your baby and meet new parents with our Family Enrichment Program. Classes are geared for babies aged newborn – crawling.



### LOCATION

The Galena ARC  
11084 W. Hwy 20, Galena, IL  
*In the Social Room, ARC lower level*



### TIME

All sessions will be from  
6:00 PM – 7:00 PM



### REGISTRATION

To reserve your spot, or for more information: text or call  
**Kinsey** at **815-494-6783**  
*No charge to the public*



### DATES

#### Wednesday, July 10 - 1st session

- Introduction of strokes for feet and legs

#### Wednesday, July 17 - 2nd session

- Review of strokes for feet and legs and introduction of strokes for stomach and chest

#### Wednesday, July 24 - 3rd session

- Review of strokes for feet and legs, stomach and chest, and introduction of strokes for hands and arms

#### Wednesday, July 31 - 4th session

- Review of strokes for feet and legs, stomach and chest, hands and arms, and introduction of face/sinus and back

#### Wednesday, August 7 - 5th session - **Graduation!**

- Review of all strokes and introduction of colic moves and gentle movements (stretching). Also graduation day.



### PLEASE NOTE

*Unfortunately, no childcare will be available for older siblings.*

*If you have to miss a class we can review the strokes you missed during the next session.*