INFANT MASSAGE

4WKS- 1 YEAR OLD

Held at the Freeport Public Library
Learning Lab, 2nd Floor

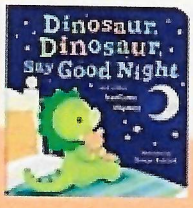
Attend all 3 Classes

#1 Legs and feet
Wednesday, July 15th 1:00pm-2:00pm

#2 Tummy AND Chest & Arms
Wednesday, July 22th 1:00pm-2:00pm

#3Face and Back AND Whole Body **Wednesday, July 29th 1:00pm-2:00pm**

Complete all and receive a gift basket with everything you need to do infant massage at home:



BRING YOUR BABY AND A BLANKET

INCREASES:

Relaxation
Flexibility
Brain function
Circulation
Digestion
Respiratory function
Oxygen levels

RSVP MANDATORY!

CLASSES ARE LOCATED AT THE
FREEPORT PUBLIC LIBRARY, 2ND FLOOR LEARNING LAB
50 E. DOUGLAS
FREEPORT, IL 61032

STEPHENSON COUNTY HEALTH DEPARTMENT
building a healthy community