

# BABY



# MASSAGE

**For babies up to nine months of age**

## Benefits

- Relaxes and soothes
- Contributes to a healthy development
- Become more at ease learning to read and act on your baby's cues
- Helps alleviate symptoms of Baby Blues and post-partum depression
- Helps your baby sleep better
- Fun and relaxing for both you and your baby
- Provides a special time which helps you and your baby develop a closer

The Jeffery Hale Community of Care is now offering **FREE** baby massage workshops for parents with infants **aged newborn to nine months**. Come meet other English-speaking parents and learn how to soothe your baby through massage with therapist Jean-Charles Girard.

**Where:** Jeffery Hale Pavilion, 1270 chemin Sainte-Foy in Quebec, multipurpose room 1135

**When:** Tuesday morning May 30, 2017, from 10:00 to 11:00 am

**Cost:** FREE; but spaces are limited

**Parking:** Free. Park in Jeffery Hale Hospital parking lot, we'll give you a voucher to exit the lot at no charge

**To bring:** Massage oil and a small and large blanket/towel to cover your baby

**To register:** Please contact Jan Anderson, Community Organizer, 418 684-JEFF (5333), ext. 1539 before 3:00 p.m. on **Thursday, April 27**. Places are limited; first come, first served. Course may be cancelled if there are not enough participants.

[wejh.ca](http://wejh.ca)



April 18, 2017

