

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 Wellness Centre is 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, April 24, 2018, 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 Chantal Haycock at the Wellness Centre 418 684-JEFF (5333), ext. 1265 by **Tuesday, April 10**. Places are limited; first come, first served. Course may be cancelled if there are not enough participants.

wejh.ca



Feb. 9, 2018