



Baby Massage

For babies up to nine months of age



Benefits:

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

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: Second floor of the Jeffery Hale Hospital (1250 chemin Sainte-Foy) in the Coin soleil.

When: Tuesday morning, June 4, 2019, from 10:00 to 11:00 am.

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

Places are limited; first come, first served.

To register please contact Ellie Fleming at the Wellness Centre by Friday, May 24, 2019