

**NO COST**

# Infant Massage Class

**START DATES  
FOR EACH  
5 WEEK SERIES**

**7 FEB 24  
1 MAY 24  
10 JUL 24  
2 OCT 24**



**Infant massage is a wonderful & nurturing way to connect, communicate and bond with your infant. All babies love and benefit from physical contact.**

**WEDNESDAYS  
1000-1100**

 **Children's Library  
MCAS Miramar**

- **Classes for infants who aren't scooting or crawling yet.**
- **Registration encouraged, but not required.**
- **The NPSP Team is trained by the International Association of Infant Massage.**
- \* **Parents: Please bring a yoga mat or pad for your baby.**
- \* **Due to the nature of the class, we are unable to accommodate older siblings.**
- \* **5 week series closed to new participants after the second class in the series.**



**For more info, contact  
New Parent Support Program at:**

**(858) 307-9812**