



INFANT MASSAGE *Classes*

Experience the countless benefits of infant massage through one of our **FREE** five-week sessions. You and your baby of 0-12 months will join licensed Marcfirst therapist Mary Lehman at the YWCA to learn infant massage techniques, which help you bond with your baby and improve their eating, sleeping, digestion, and overall development.

**SESSION
ONE**
TUESDAYS
4:00-5:00

SEP.
18

SEP.
25

OCT.
2

OCT.
9

OCT.
16

**SESSION
TWO**
WEDNESDAYS
11:00-12:00

OCT.
24

OCT.
31

NOV.
7

NOV.
14

NOV.
21

ASK US ABOUT FREE CHILDCARE & FREE TRANSPORTATION

eliminating racism
empowering women
ywca

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