

THE VENUE @ THE MAZCC



The Marjorie and Arnold Ziff Community Centre 311 Stonegate Road

Moortown Leeds LS17 6AZ T: 0113 268 4211

Baby Massage with Sarah

Friday 26th May - 23rd June
@ 12.30pm



Come and learn how to massage your baby with help from a fully certified Infant Massage Instructor (CIMI).

Infant massage may help with the following:

- Enhance communication between parent and baby
- Strengthen the bond between parent and baby
- Relax the parent and baby
- Promote deeper sleep
- Aid digestion
- Relieve wind and colic
- Reduce crying.

- Fully illustrated handouts to support each weeks class.
- Organic oil provided
- Time to play and talk after the class
- An opportunity to make new friends
- Time to bond with your baby.

Classes are for all babies from one month to crawling and for all parents and primary care givers.

Only the parent/care giver massages baby. The instructor uses a demonstration doll (Stanley).

For more info please contact Sarah on : 0113 2185849 or sarah.frost@ljwb.co.uk

**£25 for 5 weeks.
100% Baby-led class**

