

Infant Massage Is Coming **Free** to the Riverland

Massage for babies has been shown to reduce crying times, improve sleep and reduce levels of stress hormones in babies.

With a small group, our massage instructor will demonstrate techniques that suit you and your little one. A great opportunity to practice creating a special time with your baby and build your connection with them. Babies need to be 6 months and under at the commencement of the program to attend.

The group starts on 8 November through to 6 December 2018

Thursdays, 10.00am - 12.00pm

Venue:

Please call Rebecca at Relationships Australia SA, Berri on 8582 4122 to register your interest

There is no cost for this service.

