



INFANT MASSAGE VIA ZOOM!

Join me, Denise Moore - IAIM Certified Infant Massage Instructor, for a fun way to soothe your baby through nurturing touch!


Infant massage will help you to understand your baby's non-verbal communication, increase attachment and bonding as well as help you and your baby achieve better sleep. Tummy troubles may be reduced as well!

Who: parents and their babies from birth to 12 months, four participants per class

When: Three possible dates and times – Mondays @1:30pm, Fridays @ 1:30pm or Saturdays @ 11am

Classes will begin the second week of February

For Registration: contact Lana Hergott, Better Beginnings

Parents are the experts, babies are the teachers, and certified infant massage instructors are the supporters. 

In partnership with Chilliwack Community Services