

The Conejo Valley Adult School Parenting Program
Presents

Massaging your baby is a beautiful and loving way to begin a lifelong relationship

Parent-Infant Massage Classes

- Helps baby to relax and release tension
- Decreases irritability and excessive crying
- Reduces colic and other intestinal difficulties
- Promotes sleep
- Increases parental confidence
- Enhances communication and emotional ties
- Provides quality one-on-one interaction
- Helps parents to unwind and relax

2011 Sessions

Wednesdays

At 9:30 a.m. or 6:30 p.m.

Session 1: Jan 5, 12, 19, 26

Session 2: Feb 2, 9, 16, 23

Session 3: March 2, 9, 16, 23

Session 4: April 6, 13, 27, May 4

Cost: \$45 per session

After completing a session, you may participate as a drop in for \$10 per visit.

Class taught in room 10 at the Horizon Hills campus

33 Greta St, Thousand Oaks, Ca 91360

Limited enrollment—call to register today!

805-492-8837

Jennifer Mundy is a Parent Educator, Certified Infant Massage Instructor and Neuro-developmental specialist certified by the Institute of Neuro-Physiological Psychology in Chester, England. She loves working with babies and their families.



It is never too late to begin infant massage. Whether your baby is a newborn, toddler, or several years old, massage can bring immediate and lasting results.



infant
massage

massage