



# Baby Massage at Shirley Children's Centre



Parents who attend our course learn so much more than just a massage routine. The IAIM Baby Massage curriculum covers touch, movement, relaxation, interaction and communication. Why not come along to one of our courses and join the many parents who have discovered the benefits of Baby Massage.

**The course is for 5 weeks and costs £10.00.** Your baby must be between 8 weeks and 12 months old, have had their 8 week check and pre-crawling. Parents will receive a parent massage booklet, a bottle of IAIM oil and a certificate of attendance on completion.

The course will be held on the following dates:

**Time : 1.30pm—2.30pm**

**Wednesday 21st November 2018**

**Wednesday 28th November 2018**

**Wednesday 5th December 2018**

**Wednesday 12th December 2018**

**Wednesday 19th December 2018**

To secure a place please call the centre on **0208 777 2119** or alternatively pop in to book. A confidential health questionnaire must be completed prior to the course starting. **Please note places are limited.**



Shirley Children's Centre, 34 Lilac Gardens, Shirley, CR0 8NR

Tel: 0208 777 2119

Email: [info@shirleychildrenscentre.org.uk](mailto:info@shirleychildrenscentre.org.uk)

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