



# Getting to Know Your Baby

## An Introduction to Infant Massage

*Infant Massage Awareness Week  
1 to 7 August 2009*

Research studies show massage can help babies with many conditions such as colic and reflux, as well as assist parents to understand their baby's communication and body language.

Mums are welcome to attend this free 1 hour information session on infant massage.

*(Note: This is not a 'hands-on' or 'how-to' session but rather an awareness raising presentation.)*

Discover all there is to know about infant massage; what infant massage comprises of including various strokes such as Swedish massage, Indian massage, reflexology and gentle movements, all of which provide numerous physiological and psychological benefits to your baby.

Natalie Garmson, a certified infant massage instructor and in schools instructor will present an informative and educational session.

**Day:** Thursday  
**Date:** 6 August 2009  
**Time:** 10.30am  
**Venue:** WOMEN'S Healthworks  
**Cost:** FREE

Morning tea will be provided.

**Telephone 9300 1566 to register**