




# Learn to massage your baby

**For infants six weeks  
old to pre-crawler.**

*Massages may help your baby:*

- Sleep deeper and longer
- Spend more time active and alert for learning
- Increase bonding and attachments to their parents
- Reduce constipation



Classes are taught individually or in small groups of parents/caregivers and their babies up to one year of age. Classes run for one hour for five weeks so your baby gradually adjusts to your nurturing touch.

Central Regional Health Center  
315 S. Utica | Tulsa, OK 74104

James Goodwin Health Center  
5051 S. 129th E. Ave. | Tulsa, OK 74134

To register or for more information, please  
call 918 594 4720.

Space is limited