

# BABY'S FIRST TOUCH: STEP-BY-STEP INSTRUCTIONS FOR INFANT MASSAGE

Are you a new or expecting parent? Infant massage provides early stimuli that promotes optimal development, as well as parent-child bonding. By learning a few simple massage techniques, you will begin to build upon your skills as a nurturing parent.

## THE DETAILS

**COST:**

This course is free and course materials will also be provided at no cost.

**WHEN:**

Call 719-309-2968 for dates and times.

**WHERE:**

Helen Hunt Campus  
Family Connections  
917 E. Moreno  
Colorado Springs, CO 80903

**TO REGISTER:**

call (719) 309-2968

**INCLEMENT WEATHER POLICY**

We follow School District 11 Closings. If D11 schools are closed on the class date, class will not be held. When D11 is not in session, follow [www.CCharitiesCC.org](http://www.CCharitiesCC.org) for updates on delays & closures.

