

BABY



MASSAGE

For babies up to nine months of age

Benefits

- Relaxes and soothes
- Helps your baby sleep better
- Contributes to a healthy development
- Fun and relaxing for both you and your baby
- Become more at ease learning to read and act on your baby's cues
- Provides a special time which helps you and your baby develop a closer
- -partum depression

A series of **three workshops** for parents of children **aged newborn to nine months**. Parents of older children can talk to the massage therapist to see if their child would adapt to the workshops.

- Where:** Jeffery Hale Pavilion, 1270 chemin Sainte-Foy in Quebec, Board Room
- When:** Monday **mornings**, 11:00 AM to noon, April 18, May 2 and 16, 2011
- Cost:** \$35 per person, \$50 per couple. Please talk to Jan if you could use help to pay for the course. This fee is non-refundable, but you will receive a charitable receipt for that amount if you can't attend. Deadline to register: April 6, 2011
- Parking:** Free. Park in front of Jeffery Hale, we'll give you a voucher to exit the lot at no charge
- To bring:** Massage oil and a small and large blanket/towel to cover your baby
- To register:** Call Jan Anderson-Toupin, Community Organizer, 418 684-JEFF (5333), ext. 1539, before 4:30 p.m. on Wednesday, April 6, 2011. Places are limited; first come, first served. Course may be cancelled if there are not enough participants.

Workshop 1: Legs, Chest, & Abdomen • Workshop 2: Arms & Face • Workshop 3: Back & Bottom



Jeffery Hale
Une communauté de soins
A Community of Care

About the instructor

Melanie-Anne Bousquet graduated from Concordia University in 1997 with a Bachelor of Science, specializing in athletic therapy. Melanie also completed a professional level massage therapy course in which she learned baby massage techniques (swedish massage) as well as massage for pregnant women. She is a member of the Fédération Québécoise des Massothérapeutes and practices massage therapy mainly in physiotherapy clinics. A mother of two, she has used baby massage at home with her sons and found it very helpful.