

Infant Massage Classes

Rice Hospital is offering infant massage classes for new parents. The classes will be conducted by a Clinical Nurse Specialist. The next three 1-hour sessions will be offered in **2010** on **February 1, 8, 15; June 7, 14, 21; November 1, 8, 15**. The classes are held from 6:30 p.m. – 7:30 p.m. Call the Rice Education Center at 231-8920 to pre-register. All classes are held in the lower level of the Lakeland Health Center, 502 SW 2nd Street, across Trott Avenue, just south of Rice Hospital in Willmar.

Infants from newborn to crawling are eligible for these classes. Parents will learn hands-on techniques that can help their babies:

- ☞ Learn to relax and sleep better
- ☞ Help with the discomfort of teething or colic
- ☞ Enhance nervous system development
- ☞ Improve weight gain in “preemies”



The classes also help parents:

- ☞ Learn their baby's communication cues
- ☞ Encourage the “bonding” process
- ☞ Provide time for parent and child to relax together

There is a charge of \$40 for the series which covers books and materials.

To pre-register call 231-8920.

Gift Certificates are also available.