



FFSC NEW PARENT SUPPORT INFANT MASSAGE COURSE

FREE 4-week Series

Touch is the first sense to develop in babies, beginning as early as 7 to 8 weeks in utero. After birth and throughout childhood, gentle touch remains a powerful way to soothe, bond, and connect with your little one.

This FREE class series will be held at two locations and taught over four sessions. Once registered, we kindly ask that you attend all classes at the same location.

Sign up today and learn how to:

- Promote skin-to-skin bonding
- Reduce colic and gas discomfort
- Increase relaxation hormones
- Lower stress for both parents and baby



**KEARNY MESA
FFSC BRANCH**

1200-1300

**APRIL 3RD, 10TH,
17TH, & 24TH**

3950 CALLE
FORTUNADA, SAN
DIEGO, CA 92123

**BAYVIEW HILLS
FFSC**

1000-1100

**APRIL 7TH, 14TH,
21ST & 28TH**

1967 SKY HARBOR
ROAD, SAN DIEGO,
CA, 92139

Registration is required. To register,
please call 1-866-923-6478