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Great Yarmouth and Gorleston Sure Start Children's Centres

Baby Massage

A 5-week course for mums, dads & babies aged 0-1 year (prime age is 0-7 months). Cost: £25 for 5 sessions. Booking is essential. Please call our team if you may need financial assistance

Priory Children's Centre	Mon	12.00-1.00
Seagulls Children's Centre	Mon	12.30-1.30
	Thur	1.00-2.00



Baby Massage can benefit you and your baby in many ways, such as:

- * Enhances the parent/baby bond and communication
- * Promotes relaxation and restful sleep
- * May aid digestion, constipation and wind
- * Strengthens muscular development and growth
- * Helps with teething discomfort

An opportunity to learn a valuable skill that you can use for life with your growing child.

Call for details: 01493 688940

Find us at:
www.priorycentre.co.uk



Great Yarmouth Community Trust
at the Priory Centre
@priorycentregy

