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Great Yarmouth and Gorleston Sure Start Children's Centres

Baby Massage

4 week IAIM Accredited Infant Massage Course for mums, dads & babies. Please ask your Health Visitor to be referred to this group or contact the team directly.

Priory Children's Centre

Tues

10.00-11.30



Baby Massage can benefit your baby in so many ways; it:

- * Enhances parent/baby communication
- * Helps parents/babies to relax.
- * May help to improve your baby's sleep pattern
- * Aids your baby's digestion and relieves wind and colic
- * Strengthens your baby's immune system
- * Helps develop muscle tone and coordination

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

Call for details: 01493 743062

Find us at:
www.priorycentre.co.uk



Great Yarmouth Community Trust
at the Priory Centre
@priorycentregy



Norfolk and Suffolk **NHS**
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