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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). Spaces are limited to 8 families per session, so please book in advance

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



Baby Massage can benefit your baby in so many ways:

- * 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
- * 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 688940

Find us at:
www.priorycentre.co.uk



Great Yarmouth Community Trust
at the Priory Centre
@priorycentregy

