

Funded by:



Managed by:



## Great Yarmouth and Gorleston Sure Start Children's Centres

# Baby Massage

A 5-week course for mums, dads & babies aged 0-1 year. Starts w/c 19th Feb. Spaces are limited to 8 families per session, so please book in advance

Priory Children's Centre	Mon	10.00-11.00 1.00-2.00
Seagulls Children's Centre	Tues Thur	1.00-2.00 1.15-2.15



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](http://www.priorycentre.co.uk)



Great Yarmouth Community Trust  
at the Priory Centre  
@priorycentregy

