

# Baby Massage Classes

6 weeks to  
approximately 6  
months (pre-crawling)

*make your baby feel loved!*

- Small group classes
- Helps sleep patterns
- Improve digestion (constipation and colic)
- Boosts baby's immune system
- Eases congestion (mucus from coughs/colds)
- Understand non-verbal cues from your baby
- Quality time with your baby to enjoy the warming and pleasurable experience

## Book a class today!

4 week course beginning Thursday 17<sup>th</sup> January 2019 – Thursday 14<sup>th</sup> February 2019, 1.45pm -2.45pm.  
(Please note there will no session on Thursday 31<sup>st</sup> January)

£30 to include course notes and organic oils

Truro Nursery School, Higher Trehaverne, Truro TR1 3RJ

For class details and availability contact

Or email: [secretary@truronurseryschool.org.uk](mailto:secretary@truronurseryschool.org.uk)

**01872 274693**