

# Infant Massage Workshop

Learn to massage your baby at the EAC with Certified Infant Massage Instructor, Susan Gray.



The beauty of infant massage is the 'hands-on' communication that parents share with their little ones. Parents learn simple strokes gathered from Swedish and Indian massage techniques.

***In this fun 3-session class you will:***

- Explore all elements of bonding – eye contact, voice, smell and skin to skin contact.
- Discover self relaxation techniques as a parent.
- Learn about your baby's cues.

Parents and infants ages 6 weeks to 7 months are welcome.  
***Class size is limited, register today!***

**Dates:** Mondays - August 1, 8 and 15

**Time:** 10:00 to 11:00 a.m.

**Fees:** Members, \$90 for three-session class.

Non-members, \$120 for three-session class.

***Register today!*** Visit the EAC front desk to enroll. Advanced registration and a two family minimum are required. Contact Shawna Solsvig, Kids Club Director, with any questions at 847-866-6190 ext. 230.

Instructional handouts and oil will be provided.



Classes take place at the  
**Evanston Athletic Club**  
1723 Benson Ave., Evanston, IL  
Tel: 847-866-6190

Facilitated by **Susan Gray**, Certified Infant Massage Instructor  
[www.susangraywellness.com](http://www.susangraywellness.com)