



Grandmas 2 Go[®]
FAMILY COACHES



LEARN INFANT MASSAGE

...It's Amazing!

**Join us for
this FREE
4-week
course!**

Benefits Include:

- Relaxes infant and parent
- Promotes bonding and releases oxytocin- the love hormone
- Provides close, nurturing touch between parents and infants
- Helps baby sleep better, so parents do, too
- Relieves baby's tummy troubles
- Decreases stress for the baby and parents
- Stimulates brain development

For parents with infants 6 weeks to 6 months of age (or pre-crawlers)

INSTRUCTOR: Linda Otto, CEIM, Founder of Grandmas2Go Family Coaches

GRANTS PASS:

Weekly classes begin Wed., Feb. 8th, 1:30pm–3:30pm

Growing Together Family Community Center, 310 SW H Street

TO PRE-REGISTER CALL: 541-779-5242

– COMING SOON TO MEDFORD –

