



FREE PRE AND POSTNATAL MASSAGE PROGRAM

- Humber Polytechnic Massage Therapy program will be offering this specialty clinic for women in any trimester of pregnancy, infants from birth to 24 months and women that have had a baby in the last 8 months.
- Student massage therapists will conduct an assessment to determine your goals for treatment.

BENEFITS OF MASSAGE:

- Reduce back pain, tension, swelling in ankles and wrist, and improve overall mood.
- Learn to massage your baby. Infant massage is a way for parents to connect with their child and learn techniques to help them relax and promote better sleep.

When: Tuesday May 12th to Tuesday June 23rd
Tuesdays July 7th to Tuesday August 18th

Where: Stonegate CHC, 10 Neighbourhood Lane Unit 201

Time: 10:00 a.m. to 2:00 p.m. Each session is 30 to 60 minutes

To register for a free massage session for you or your child contact
416-231-7070 extension 307 or email: health.promotion@stonegatechc.org