



Baby Massage CLASSES

**BUILD CONNECTION &
SUPPORT A HEALTHY
BOND WITH YOUR BABY**



**Join us at Penrith Women's Health Centre
Thursday 5th March 2026
10am to 11am | 11:30am to 12:30pm**



What to EXPECT

60 minute class for babies 0-2years.

A take home baby massage pack at your first class.

Printed handout to use as a guide to continue your practice at home.

A group of other mums & bubs to connect with.

The health benefits of massage for your baby.

A more gentle & loving connection between you & Bub.

**PLEASE BOOK BY CALLING
02 4721 8749**