

## INFANT MASSAGE CLASSES

### FOR ALL FAMILIES

**DATES:** 1st Fridays each Month October 2025- June 2026

**TIMES:** 10:30am-12pm

3 classes will rotate and be taught 3 times each over 9 months!

Disilvestro Playground/ South Philadelphia Rec Center  
1701 S 15th St, Philadelphia, PA 19145-2322

### CLASS DESCRIPTION

This space is for all families—with a heart-centered focus on LGBTQIA+ and BIPOC communities. Train with a local expert on infant massage. During this once monthly education series, families of infants (ages 3 weeks to 3 years) will learn safe massage techniques that can help in their child's development, sleep and digestion. Special routines will be shared that may also help with teething, gas, and congestion! In the class, parents and caregivers will provide massage to the child. Grandparents, siblings and extended family are welcome to come and participate in the class!

### WHAT TO BRING

Bring your child, a blanket or towel for the child to lie on. Participants will also need to bring any usual supplies they may need for the session, such as feeding items, toys, etc. CHOP will provide free handout materials, mats for use during class, and snacks.

To RSVP for this FREE series: [integrativehealth@email.chop.edu](mailto:integrativehealth@email.chop.edu)

Or call 215-590-5043

<-- Scan code to sign up or volunteer!

