



# Free Infant Massage Class

Learn to calm and soothe your baby  
through nurturing touch!

For parents, caregivers & their babies  
up to one year of age!

For information or to register call [301.319.4087](tel:301.319.4087)

Or e-mail

[usn.bethesda.nsabethesdamd.list.NNMC-  
FFSC@mail.mil](mailto:usn.bethesda.nsabethesdamd.list.NNMC-FFSC@mail.mil)

Subject line “infant massage”

New Parent Support Program

Ursula Rocha, RNC

Angie Nolan, RN

Please call or e-mail for the  
next class dates.



NSA BETHESDA  
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