



### Fall 2018 New Parent Education Series—Free of Charge

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| Tues., August 14, 12:00-1:00 | <b>Motor Development in the First 12 Months</b><br>presented by Mary Evans, DPT at Emerson Health Center, 133 Littleton Rd., Westford, Rm. 315   |
| Wed., Sept. 5, 1:00-2:30     | <b>Introduction to Solids</b><br>Presented by Marahu George, SLP, held at First Connections, 179 Great Rd, Acton                                 |
| Wed., Oct. 17, 1:00-2:30     | <b>Positioning Infants for Play</b><br>Presented by Karen Veilleux, DPT, held at First Connections, 179 Great Rd., Acton                         |
| Wed., Nov. 14, 1:00-2:30     | <b>Baby Wearing Demo at New Mothers Group</b><br>presented by Sarah Douglas, Postpartum Doula, at First Connections, 179 Great Rd., #104A, Acton |

### In the Community—Fee-based Classes

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| <b>Mindful Baby Yoga</b><br>Aug. 29, Sept. 5 & 12, 10-11:00 at Fowler                       | <a href="https://concordlibrary.org">https://concordlibrary.org</a> Registration required.<br>Taught by Ivy Child International. Free.                                 |
| <b>Infant Massage for ages 6 wks to 12 mos</b><br>October 2 or December 4, 12:30-1:30, \$15 | <a href="http://www.lowellgeneral.org/health-and-wellness">www.lowellgeneral.org/health-and-wellness</a><br>Taught by Certif. Infant Massage Therapist                 |
| <b>Happiest Baby on the Block Class</b><br>November 19, 6-7:30 p.m., \$15                   | <a href="http://www.lowellgeneral.org/health-and-wellness">www.lowellgeneral.org/health-and-wellness</a><br>Includes DVD & Halo sleep sack. Newborns welcome           |
| <b>Infant CPR, 6:30-8 p.m. in Concord</b><br>Sept. 18, Oct. 9, Nov. 13 or Dec. 11           | <a href="http://www.emersonwellness.org">www.emersonwellness.org</a> . Includes CPR<br>Anytime Kit. \$50 fee includes 2 participants.                                  |
| <b>Understanding &amp; Supporting Infant Sleep</b><br>October 29, 6-8:30 pm, \$50/1, \$90/2 | <a href="http://www.williamjames.edu/community/freedman-center">www.williamjames.edu/community/freedman-center</a><br>Parents of infants 4-15 mos. Teresa Stewart, MPH |