



Bismarck Veterans Memorial Public Library

August 31, 2023

MEDIA ADVISORY

**FOR IMMEDIATE
RELEASE:**

Bismarck Veterans Memorial Public Library Presents Infant Massage with Jacey Wanner

WHAT:

Learn how to massage your baby! Benefits of Infant Massage may include understanding a child's cues for increased bonding and attachment, relief from discomfort associated with gas, colic, and reflux, promotion of relaxation for better sleeping patterns, faster weight gain, and/or enhancement of brain development and muscle tone.

Participants should bring a child 0-3 or a doll to practice the massage strokes.

This class is offered by NDSU Extension. Session leader is Jacey Wanner, who can be reached at jacey.p.wanner@ndsu.edu or 701-667-3342 if there are any questions about the class. Requests for accommodations related to disability should be made to the event contact person at least two weeks in advance of the event.

WHEN:

Wednesdays, 6:15 p.m. to 6:50 p.m.
September 13, 20, 27, 2023

WHERE:

Bismarck Veterans Memorial Public Library
Children's Library Story Room

WHO:

FREE and open to all parents/caregivers of infants. Media is Invited.

**FOR ADDITIONAL
INFORMATION
CONTACT:**

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