

PEDIATRIC
ASSOCIATES



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Monthly Newsletter

June 2007

This Months Topics:



Join us for a **FREE Yoga Class for Children ages 3-7**

Class taught by Cara Besskó R.Y.T., certified Hatha Yoga Instructor for children and adults.

The class is held at Pediatric Associates of Durango on Tuesday June 19th 3:15-4:00PM.

Community Calendar and Events

May 1st, 8th, 15th, 22nd, and 29th – TWO for TUESDAYS at Trimble Hot Springs

May 7th, 14th, 21^{dy}, & 21st -Infant Massage- Tender Loving Touch is holding it's next Infant Massage class series starting Monday May 7th from 6PM-8PM at the new Mercy Medical Center. You will learn all the strokes you need to know to give a loving and nurturing massage to your new infant. The fee is \$45.00 for four classes. Infant massage fosters attachment and bonding between the infant and parent, relieves tummy discomfort associated with colic and relaxes the baby plus it teaches parents their baby's cues and creates a foundation for communication. This class is for parents with babies 3 weeks to pre-crawling age. **Please call 764-3100 to reserve your spot and for directions.** For more information or to set up a private class call **Nicole Johnson at 749-3323.** Nicole Johnson is a certified infant massage instructor through the International Association of Infant Massage.

May 8th-Craniosacral Therapy clinic led by **Dr. Paul Lee** will be held at Pediatric Associates of Durango from 1:30PM – 4:00PM. Children who are covered by CHP and Medicaid will be given a free session. Co-pay is the only required payment for insured patients and the remainder of the balance will be paid by your insurance company or handled by Dr. Paul Lee. Dr. Lee will be performing the therapy with his students. Please call Pediatric Associates of Durango at 970-259-7337 to schedule an appointment

May 9th- "Celebrate Urban Birds" Bird Watching Walk 4:00pm @ Fort Lewis Mesa Library

May 10th- Mother's Day Parents Night Out- Children will enjoy pizza, free play and crafts while parents have a night out. **Durango Children's Museum Cost: \$15.00 per child**

May 24^{ed} - FREE Children's Yoga Class for 3-7 year olds. The class begins at 3:20PM at Pediatric Associates of Durango. **Please contact Pediatric Associates of Durango to reserve your child's spot in the class 259-7337.**

Pre-school story time every Wednesday and Saturday at 10:30am at the **Durango Public Library @ (970)-375-3380.**

Craft Time- Every Friday morning at The Durango Children's Museum. The Museum will present two separate crafts, one for toddlers and one for pre-school age and up. Pre-registration is not required. Museum members do not pay a fee; non-members pay standard admission to the museum to participate in Craft Times.

Tumbling Tots- Bayfield Recreation Center, **every Tuesday and Thursday** from 4-5pm. Please register at the Bayfield Parks and Rec's department at 884-9034. Come join us during this hour of interactive play and tumbling time. Come play with balls, hula hoops, parachutes, singing songs, and just fun with your child. If you have any questions about the class call Nicole at 749-3323.