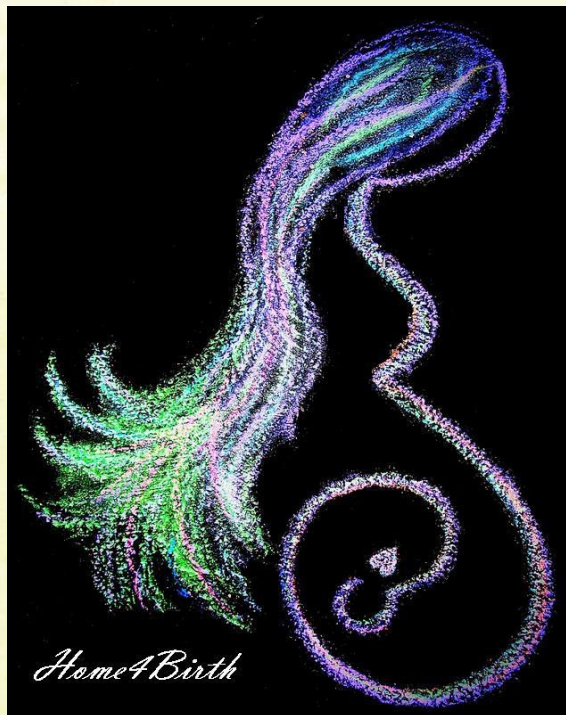


# Home4Birth

## Monthly Newsletter

AUGUST 2013



*Brandi Wood, CPM*

*Mindy Michel, DEM*

*April Brake, Apprentice*

*Carrie Bland, Office Administrator*

*12987 Parkside Dr., Fishers, IN 46038*

*2616 Little John St., Anderson, IN 46013*

*765-MIDWIFE (765-643-9433)*

Hello and welcome to our new monthly newsletter! We're off to a late start this month, but going forward all of our monthly newsletters will be sent out on the first Tuesday of each month.

The main purpose of our newsletter is to keep our current and past clients up-to-date on our upcoming events, as well as new studies or interesting information related to home birth and parenting. We will also include fun pictures, inspirational quotes, healthy recipes and other exciting tidbits.

We will also share our newsletter on our Facebook page and closed group. To find our page and group on Facebook, just type "Home4Birth" into the Facebook search bar at the top of the page.



If you have any fun pictures, advice or recipes, please submit them to our office administrator, Carrie Bland, at [carrie@home4birth.com](mailto:carrie@home4birth.com).

Please let us know if you do not wish to receive our newsletters, and we will remove you from our list.

Thank you for reading and we hope you enjoy!

## Upcoming Events

### Baby and Me Yoga

Join us for an evening of yoga and cuteness with your little one! Moms and dads are both welcome. Our instructor will be Andy Alam of Inner Peace Yoga. He is a new father to a beautiful baby girl who was born at home with our Home4Birth team. Please bring a yoga mat or towel to practice on.

**Date:** Wednesday, August 28<sup>th</sup>

**Time:** 7:00PM

**Location:** Fishers Office



### Annual Gathering

Join us for an afternoon of food and fun with our Home4Birth family and friends! Please bring a dish to share. We are also mailing out postcards for the event.



**Date:** Saturday, September 7<sup>th</sup>

**Time:** 12:00PM-3:30PM

**Location:** Billerica Park, 12690 Promise Rd.,  
Fishers, IN 46038



# Wellness Energy Bars

www.wellnessmama.com



*Prep time: 5 mins.*

*Cook time: 10 mins.*

*Serves: 6+*

## Ingredients

*1/3 cup nuts (cashews, almonds, etc.)*

*1/4 cup whole dates, about 3 dates (remove pits)*

*1/4 cup raisins (or more dates)*

*Dash of cinnamon (optional)*

## Instructions

- 1. Put nuts into food processor (or Vitamix) and chop until in small pieces. Remove and put in bowl.*
- 2. Put dates and raisins (any combination of the two that equals 1/2 cup total) into the food processor and pulse until playdough consistency. It will start to clump together when it is done.*



- 3. Mix the two ingredients by hand until well incorporated and the consistency of stiff playdough or cookie dough. (You can do this all in the food processor also)*
- 4. Roll between two sheets of wax paper to a 1/2 inch thickness and cut into bars. (Or make it really easy and just roll into energy balls!)*
- 5. Wrap in wax paper, plastic wrap or snack size Ziploc bags (or glass containers if you aren't giving to kids) and store in fridge until ready to use.*
- 6. Enjoy!*

Quote of the Month

**Mother Teresa**

“Spread love everywhere you go. Let no one ever come to you without leaving happier.”

*Welcome to the world!*

Scottlan James, born 8/14/13

