

Home4Birth

Monthly Newsletter

May 2014



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Hello and welcome to our May newsletter! Hopefully all of you are enjoying this beautiful sunny weather, getting seeds in the ground, and moving your bodies, because it's beautiful outside! If you are working on the garden, please remember to squat, kneel or sit while working in it. If you are just looking for fun, wonderful ways to move your body, might we suggest:

Dancing
Belly dancing
Hula hooping
Yoga
Pilates
Water aerobics
Swimming



If you have any fun pictures, advice or recipes, please submit them to our office administrator, Carrie Bland, at 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!

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Upcoming Events

Yoga with Baby

Date: Wednesday, May 7th

Time: 6:30pm – 8:00pm

Location: Home4Birth Fishers office, 12987 Parkside Drive, Fishers, IN 46038

Details: Please join us for an evening of yoga with your little one. Please RSVP via Facebook event page.

More details:

<https://www.facebook.com/events/600988973325668/>

Birth Boot Camp Childbirth Education Series

Date: Saturdays, June 28th – August 30th

Time: 10:00am-1:00pm

Location: Home4Birth Fishers office, 12987 Parkside Drive, Fishers, IN 46038

Details: We are offering a series of 10 Birth Boot Camp childbirth education classes. The cost for the series is \$275.00. Classes will be held every Saturday, from 10:00AM-1:00PM, between June 28th and August 30th. Please email info@home4birth.com for more information and to RSVP.

More details:

<http://www.home4birth.com/childbirth-education/>

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To RSVP for events hosted by Home4Birth, and to view our upcoming monthly events, please visit our

Facebook page at

www.facebook.com/pages/Home4Birth.

Product Recommendations

Fitbit Flex

<http://www.fitbit.com/>



“During the day, it tracks steps, distance, and calories burned. At night, it tracks your sleep quality and wakes you silently in the morning. It’s the motivation you need to get out and be more active.”

Derma|e

Natural Skincare | Solutions that work

<http://www.derma.com>



We now have available for purchase in our office:

- Skinbiotics® Treatment Crème
- Cracked Skin Relief Crème
- Skinbiotics® Treatment Oil
- Clear Vein® Crème
- Psorzema Crème
- Skin Lighten
- Stop Itch®
- Scar gel

Cookie Dough Snack Balls

<http://www.primallyinspired.com/cookie-dough-snack-balls/>



Author: Kelly from Primally Inspired

Serves: Makes 25 1-inch cookie dough snack balls

Prep time: 10 mins

Total time: 10 mins

Ingredients

- 1-1/2 cups unsweetened coconut flakes
- ½ cup nut butter of choice or peanut butter. For nut allergies, use sunbutter
- ½ cup coconut oil, melted or softened
- 1 teaspoon pure vanilla extract
- ⅔ cup mini chocolate chips

Instructions

- Combine all the ingredients, except mini chocolate chips into a bowl and stir until well incorporated.
- Stir in mini chocolate chips.
- Roll out into bite size balls (about 1 inch).
- Refrigerate or freeze until hardened (only takes a few minutes!)
- Eat and enjoy!

Notes

Keep any leftovers in the fridge or freezer.

*To make this even more simple if you don't feel like rolling into balls, just spread the mixture into an 8x8-inch, parchment lined baking pan. Refrigerate until hardened and cut into squares.

Quote of the Month

*“God could not be everywhere
and therefore he made mothers.”*

Welcome to the world!



Nikolas Michael

4/05



Laila Renee

4/16



Tracy Rebecca Naomi Anne

4/18