# **Home4Birth**

Monthly Newsletter

May 2014



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Hello and welcome to our May newsletter! Hopefully all of you are enjoying this beautiful sunshiny 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:





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! 

### **Upcoming Events**

### Yoga with Baby

<u>Date:</u> Wednesday, May 7<sup>th</sup> <u>Time:</u> 6:30pm – 8:00pm <u>Location:</u> Home4Birth Fishers office, 12987 Parkside Drive, Fishers, IN 46038 <u>Details:</u> Please join us for an evening of yoga with your little one. Please RSVP via Facebook event page. <u>More details:</u> https://www.facebook.com/events/600988973325668/

> Birth Boot Camp Childbirth Education Series

<u>Date:</u> Saturdays, June 28<sup>th</sup> – August 30<sup>th</sup> <u>Time:</u> 10:00am-1:00pm <u>Location:</u> Home4Birth Fishers office, 12987 Parkside Drive, Fishers, IN 46038 <u>Details:</u> 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. <u>More details:</u>

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

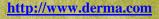
http://www.fitbit.com/



"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





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/



wwwPrimallyInspired.com

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 care Mour Jaway Course

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 8x8inch, parchment lined baking pan. Refrigerate until hardened and cut into squares.

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