

# Home4Birth

Salad in a Jar Party

12/10 @ 5 pm See Facebook fo

**Birth Boot Camp-Childbirth Ed** 

First Session starts 12/12 at 11:30 am

December 2015

## **Upcoming Events**

Meet the Midwives

12/8 & 22 @ 1:30 pm 12/16 @ 6:30 pm 12/30 @ 2pm

Prenatal Yoga

12/5, 12/12, 12/19 at 10.30 am

First class free for current clients. Belly Dancing with BernadetteDrop in \$15, 5 class pass \$55.12/10 @ 6:30 pmFree

bring.

Please email <u>officeadmin@home4birth.com</u> for more information or to RSVP The office with be closed 12/25-12/27 and 1/1-1/3 for the Holidays.



Brandi Wood, CPM Mindy Michel, DEM



Jacole Johnson, RN, Practice Manager 12840 Ford Drive Suite 100 Fishers, IN 46038 2616 Little John St., Anderson, IN 46013 765-MIDWIFE (765-643-9433)

### Cheese and Walnut Stuffed Dates

#### **INGREDIENTS:**

\*dates \*walnuts \*cream cheese

#### **INSTRUCTIONS:**

- Open up pitted dates & fill them with cream cheese.
- Push walnut half into the cheese filled date.
- Repeat with the rest of the dates
- Enjoy!

Recipe and photo from http://thethingswellmake.com Eating six dates daily during the last 4 weeks of pregnancy significantly reduced the need for induction and augmentation of labor, and produced a more favorable delivery outcome.

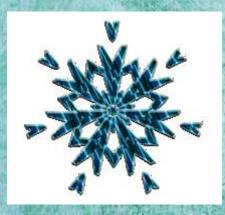
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Henry & Grace





Home4Birth



## BIRTH BOOT CAMP CHILDBIRTH EDUCATION

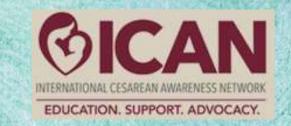
Sign up today! Classes beginning Dec. 12th 10 class sessions Call us for more information or visit http://birthbootcamp.com/?ap\_id=home4birth

#### "An Amazing birth is possible"



#### **Breastfeeding Support**

The Drop-In Center is centrally located at the Catholic Center 1400 North Meridian Street, Indianapolis. This free service occurs Wednesday's from 4:30 to 8 p.m. Park in the back of the building. On the bus route. Use the backdoor entrance to the conference room, and follow the signs. Children of all ages welcome.



https://www.facebook.com/ICANofGreaterIndia napolis

#### Baby Wearing International of Central Indiana Meeting

Learn how to use your carrier or borrow one of the lending library carriers. See carrier demonstrations & chat with a babywearing educator. Meet and socialize with other babywearing caregivers. Free. Children of all ages, significant others, grandparents, etc. all welcome.

#### **Plainfield meeting:**

Sat, December 5, 2pm – 4pm 2nd floor of the Plainfield public library 1120 Stafford Rd, Plainfield, IN 46168

#### **Fishers Meeting:**

Wed, December 16, 6pm – 8pm Fishers Public Library 5 Municipal Dr. Fishers, IN 46038



http://thebabywearer.com/forum/

https://www.youtube.com/user/ba bywearingfaith