

Home4Birth

January 2016

Upcoming Events

Wed. Jan. 13th & 27th @ 6:30pm - Meet the Midwives

Thur. Jan. 14th @ 5:00pm-Salad in a Jar Party (RSVP required, FREE)

Thur. Jan. 14th @ 6:30pm -Belly Dancing with Bernadette (FREE)

Tues. Jan. 19th @ 1:30pm - Meet the Midwives

Every Saturday Morning @ 10:30am

Prenatal Yoga with Lauren

(First class is Free. 5 Classes for \$55. Drop in for \$15/class)

Please email officeadmin@home4birth.com

for more information or to RSVP



Happy New Year! From all of us at Home4Birth

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)

I OUGHT TO FEEL GUILTY CHEESECAKE

INGREDIENTS:

- Any pie crust (Graham cracker)
- 24oz cottage cheese
- ¾ Cup eggs (3-5 eggs)
- ¼ Cup honey
- 1-2 T. grated lemon rind
- ¼ Cup lemon juice with pulp

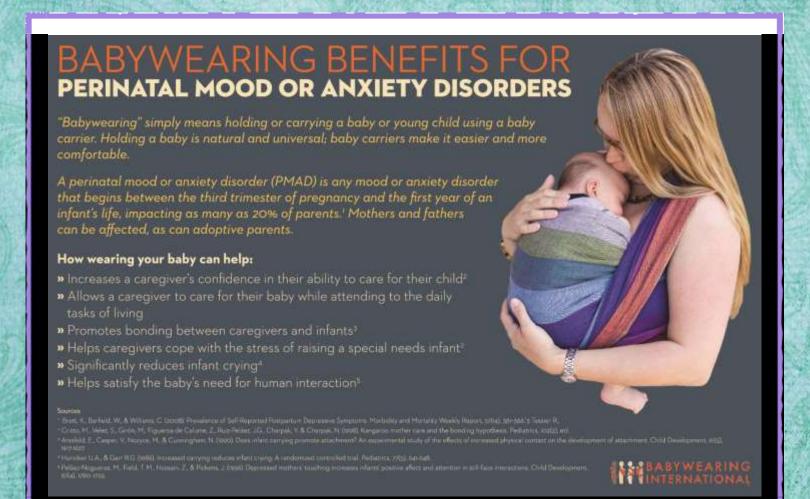
INSTRUCTIONS:

- Combine ingredients in food processor and blend until smooth.

 Spoon into prepared crust. Bake at 350° for 45-60 min or until top puffs lightly all the way to the center.
- Enjoy!



Recipe from: Le Leche League Whole foods Cookbook



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CHILDBIRTH EDUCATION

Sign up today!

Next session beginning February 27th
10 class sessions
Call us for more information or visit

http://birthbootcamp.com/?ap_id=home4birth









https://www.facebook.com/ICANofGreaterIndianapolis

Baby Wearing International of Central Indiana Meeting

Wed, January 20th, 6pm – 8pm Fishers Public Library 5 Municipal Dr. Fishers, IN 46038

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

http://thebabywearer.com/forum/

https://www.youtube.com/user/babywearingfaith

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 back—door entrance to the conference room, and follow the signs. Children of all ages welcome.

