



Home4Birth

July 2016

Upcoming Events

- ◆ 7/6/16 **Stress and the Pregnant Mom** by Dr. Tim Town free please register.
- ◆ July 13 & 27, 6:30 p.m.; July 19 & August 2, 1:30pm **Meet the Midwives**
- ◆ July 16, 10 a.m. to noon **Birth Boot Camp Childbirth Education** first in a 10 week series running Saturday's through Sept. 17.
- ◆ Every Monday @ 6 p.m. **Free Prenatal Yoga with Lauren**, Free for Clients, Guests \$11 Per Class or \$45 for 5 classes. There will be no class on July 4.
- ◆ 8/27/16 **Home4Birth Annual Gathering**, 1 to 4 p.m., Billericay Park Building, Fishers. Bring a dish to share. The event will be indoors, surrounded by the park & water park.

Please email officeadmin@home4birth.com or call 765-643-9433 for more information or to RSVP for these awesome events!



Wishing everyone a happy, safe, and healthy Independence Day!

QUOTE OF THE MONTH

Laughter is the fireworks of the soul.

– JOSH BILLINGS

Brandi Wood, CPM & Mindy Michel, DEM

12840 Ford Drive Suite 100 Fishers, IN 46038

2616 Little John St., Anderson, IN 46013

765-MIDWIFE (765-643-9433)

Cashew-Orange Chicken and Sweet Pepper Stir-Fry in Lettuce Wraps

INGREDIENTS:

- 1 Tbsp refined coconut oil
- 1 1/2-2 lb skinless, boneless chicken thighs, cut into thin strips
- 3 red, orange, and/or yellow sweet peppers, stemmed, seeded, and thinly sliced
- 1 red onion, thinly sliced
- 1 tsp finely shredded orange peel
- 1/2 cup fresh orange juice
- 1 Tbsp minced fresh ginger
- 3 cloves garlic, minced
- 1 cup unsalted raw cashews, toasted, and coarsely chopped
- 1/2 cup sliced green scallions (4)
- 8-10 leaves butter or iceberg lettuce

INSTRUCTIONS:

1. In a wok or large skillet heat the coconut oil over high heat. Add chicken; cook and stir for 2 minutes.
2. Add peppers and onion; cook and stir for 2-3 minutes or until vegetables just start to soften. Remove the chicken and vegetables from the wok; keep warm. Wipe out wok.
3. Add orange juice to the wok and cook about 3 minutes or until juice boils and reduces slightly.
4. Add Ginger and garlic.
5. Cook and stir for 1 minute.
6. Return chicken and peppers to wok.
7. Stir in orange peel, cashews, and scallions.
9. Serve on lettuce wraps and Enjoy!



Recipe from thepaleodiet.com/recipes

Stress and the Pregnant Mom



You're Invited!

July 6th at 6-7:30pm

Dr. Tim Towne, from Keystone Chiropractic will talk about how stress affects the body and how any sort of stress from physical to emotional may directly affect a pregnant body's ability to do its job of nurturing the growing baby.

The event is free. Schedule an appointment with Dr. Tim and receive a complimentary assessment and exam.

Call Home4Birth to register for this event, 765-643-9433

We look forward to seeing you!

Welcome June Babies



Ilaria



Leopold Paul



Phoenix



Lana



Mahogany Jade Missouri



Ruby



CHILDBIRTH EDUCATION

Sign up today!

Next session beginning July 16th!

10 class sessions



<https://www.facebook.com/ICANofGreaterIndianapolis>

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.

Website Spotlight: Cloth Diapering 101

<http://www.viewalongtheway.com/2013/02/cloth-diapering-101/>

Ju-Ju-Be Backpack Diaper Bag!

Available at <http://www.shop.ju-ju-be.com/best-right-back-charcoal-roses/>

