



# Home4Birth

June 2016

## Upcoming Events

Wed. June 15th & 29th @ 6:30pm - Meet the Midwives

Tues. June 21st & July 5th @ 1:30pm - Meet the Midwives

Prenatal Yoga with Lauren

Every Monday @ 6pm

(All yoga classes free to clients)



Summer is arriving!  
Wishing everyone a  
happy, healthy new  
season!

Brandi Wood, CPM

*Welcome  
Newborns!*



Vivi Claire



Summer Faith



Waylon Jeremy



Ayomiposi Timothy



Perri Jane



Moxie Rose



Leland Grant



Oliver

## Nourishing Quinoa Bowl

### INGREDIENTS:

- 1 cup sweet potato, cut into 1" pieces
- ½ cup beets, cut into 1" pieces
- 1 cup broccoli florets
- 2 cups kale
- ¾ cup chickpeas
- ¼ of an avocado, sliced
- ½ cup cooked quinoa
- 2 tablespoons hummus
- 1 teaspoon paprika
- Salt & pepper to taste
- Cashew dressing

### INSTRUCTIONS:

1. Add sweet potatoes and beets to a steamer basket and steam until almost fully cooked, about 15 minutes. Add broccoli and kale and steam until everything is cooked, another 2 - 3 minutes.
2. While vegetables are cooking, toss chickpeas with paprika, salt and pepper. Set aside.
3. Transfer vegetables to a plate or large bowl and arrange as desired. Add quinoa, chickpeas, avocado and hummus to the plate.
4. Drizzle with cashew dressing, toss together.
5. Enjoy!



Recipe from:  
<http://www.simplyquinoa.com/>



## Childbirth education

Sign up today!

Next session beginning soon  
 10 class sessions

Call us for more information or visit

[http://birthbootcamp.com/?ap\\_id=home4birth](http://birthbootcamp.com/?ap_id=home4birth)



<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.



Hands Free Pumping Bra  
 by Simple Wishes

Find here on Amazon

<http://amzn.com/B00295MQLU>