

# Home4Birth

June 2016

## Upcoming Events

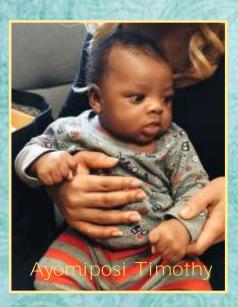
Wed. June 15th & 29th @ 6:30pm - Meet the Midwives Tues. June 21st & July 5th @ 1:30pm - Meet the Midwives

> 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!











#### 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:

 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.
While vegetables are cooking, toss chickpeas with paprika, salt and pepper. Set aside.

 Transfer vegetables to a plate or large bowl and arrange as desired. Add quinoa, chickpeas, avocado and hummus to the plate.
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



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.

> Hanos Free Pumping Bra by Simple Wishes Find here on Amazon http://amzn.com/B00295MOLU