



Home4Birth

August 2016

Upcoming Events

- * August 27th, 1-4pm Home4Birth Annual Event
- * August 11, 5pm Salad in a Jar Party Free event, please RSVP
- * Tuesdays and Wednesdays Meet the Midwives call the office for further information
- * Every Monday, 6pm Prenatal Yoga with Lauren Free for clients, Guests \$11 per class or \$45 for 5 classes

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

Quote of the Month

“Unless someone like you cares a whole awful lot, nothing is going to get better. It’s not.”

-Dr. Seuss, The Lorax

Brandi Wood, CPM &
Mindy Michel, DEM

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EVENTS

Breastfeeding **World's Hamilton** County Big Latch On

August 6 from 9am-12pm
The event is held on the West Plaza Lawn at the Judicial Center in Noblesville, IN

At 10:30am mothers will join over 30k women from all over the world to nurse together for one minute.

Preregister and further information at www.breastfeedingworld.org

Home4Birth Annual Event

Saturday July 27th from 1-4 pm

The annual event is at the Billericay Park Building, 12690 Promise Rd. Fishers, IN 46038

Come join and meet like-minded families. Please bring a dish to share with a list of ingredients. Kids are welcome! Bring bath suits and towels to enjoy the water-park! The event is indoors with A/C surrounded by the park

Welcome July Newborns



Pirate Oats

INGREDIENTS:

- 3/4 cup quick cook rolled oats
- 1 cup assorted organic dry fruit of choice
- 2 Tbsp. flax or chia seeds
- 1 tsp. cinnamon
- 1 pinch sea salt
- 2 cups water or nut milk of choice
- 2 Tbsp. nut butter of choice

INSTRUCTIONS:

1. Mix dry ingredients in large plastic bag.
2. Remove air and seal
3. Add oatmeal mix and nut milk/water to a pot
4. Bring to boil and stir for 5 minutes
5. Serve with nut butter
6. You may serve with honey and milk, optional.

Additional Clean Eating Campfire recipes at:

http://blog.naturalpartners.com/clean-eating-campfire-recipes/?utm_campaign=NPNNewsletter_061616&utm_medium=email&utm_source=Eloqua



Childbirth education

Sign up today!

Happening Now!

10 class sessions



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.

S'well water bottle



Keeps drinks cold for 24 hours and hot for 12 hours. More information and available at www.swellbottle.com