



# Home4Birth

November 2016

## Upcoming Events

- \* Tuesdays and Wednesdays **Meet the Midwives** call the office for further information
- \* Every Monday, 6pm **Prenatal Yoga with Lauren** Free for clients, Guest \$11/class or 5 classes for \$45
- \* November 10 **Salad in a Jar Party** Free for clients, call or email to RSVP

Please email [officeadmin@home4birth.com](mailto:officeadmin@home4birth.com) or call 765-643-9433 for more information or to RSVP to these events!

## Happy Thanksgiving



**Brandi Wood, CPM,  
Mindy Ulz, DEM,  
Gay Bryson, CPM, &  
Kelly Graham-Macdonald,  
Office Administrator**

12840 Ford Drive Suite 100 Fishers, IN 46038  
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765-MIDWIFE (765-643-9433)

# Welcome October Babies



Lucy



June



Finley

## Muffins

### Ingredients

- 2-3 bananas
- 2 eggs
- 1 cup nut butter
- 1/2 tsp salt
- 1Tbsp apple cider vinegar
- 1 tsp baking soda

### Directions

- Blend ingredients together
- Mix in desired add-in (nuts or dried fruit)
- Bake at 375 for 12 minutes

Please join us in welcoming  
Gay Bryson, CPM



“My birth and breastfeeding experiences shaped my passion for natural birth and led to a career in Midwifery. In 2011 I became a midwife. I am a Certified Professional Midwife and a Certified Lactation Counselor. I am a preceptor for NARM and MCU. I joined Home4Birth in 2016.”

## Soul Sprout

Soul Sprout offers healthy snack options that are organic, sprouted, and plant powered. They offer nut bars, granola bars, truffles, crackers and cereal all made with natural ingredients that do not include wheat, dairy, soy, sugar, gluten, or GMOs. More information and products available at: <http://www.soulsprout.com/>



ICAN meets November 15 at 7pm in the Fishers library

CHILDBIRTH EDUCATION



Childbirth education classes starting 2/4/16. Call or email the Home4Birth office for details and to sign up!

## 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.

We offer ten Birth Boot Camp childbirth education classes. The cost for the series is \$300.00. Classes are held Saturdays, from 10 a.m. to noon. We recommend these classes to any first time family or any first time to home birth family. We require families new to home birth to take some form of non-hospital based childbirth education. Sign up now! You can miss up to 4 classes and make them up online.