

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 or call 765-643-9433 for more information or to RSVP to these events!

Happy Thanksgiving



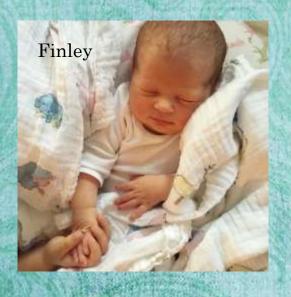
Brandi Wood, CPM, Mindy Ulz, DEM, Gay Bryson, CPM, & Kelly Graham-Macdonald, Office Administrator

12840 Ford Drive Suite 100 Fishers, IN 46038 2616 Little John St., Anderson, IN 46013 765-MIDWIFE (765-643-9433)

Welcome October Babies







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."

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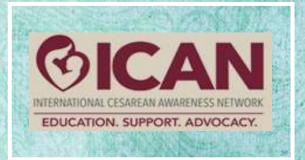
Soul Sprout

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/



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.



ICAN meets November 15 at 7pm in the Fishers library



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

We offer ten Birth Boot Camp child-birth 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.