



Home4Birth

April 2017

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

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

Quote of the Month

No act of kindness,
no matter how small,
is ever wasted.

-Aesop



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

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Zebulon



Welcome March Babies

Dean



Daphne



Matthias



Slow Cooker Southwest Chicken and Sweet Potato Stew

Ingredients

- 1 lbs. skinless, boneless chicken breast
- 1 medium red bell pepper, cut into pieces
- 1 medium yellow bell pepper, cut into pieces
- 1 medium onion, chopped
- 2 medium sweet potatoes, peeled and cubed
- 3 medium tomatoes, diced
- 1 tsp chili powder
- 1 tsp cumin
- 1/2 tsp paprika, smoked
- 1/2 tsp crushed red pepper flakes
- 1/2 tsp sea salt
- 4 cups chicken broth
- 2 cups water
- 1 medium lime, juiced
- 1 medium avocado
- 1 cup fresh, chopped cilantro

Directions

- Put all ingredients except lime juice, avocado, and cilantro in a slow cooker.
- Stir ingredients
- Cook on low for 6-8 hours
- After cooking shred chicken
- Add lime juice
- Serve with avocado and cilantro



Prenatal Yoga

Prenatal Yoga includes experience sharing, deep breathing, balance, pelvic floor and core strengthening, centering, destressing, and flexibility to your physical being. All with an eye toward your holistic health and the wellbeing of you and your baby. Every Monday, 6 p.m. Free for clients! For more information please visit <http://www.home4birth.com/pregnancy/prenatal-yoga/>



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 April 20 at 7pm in the Hamilton East library, 5 Municipal drive, Fishers, IN

CHILDBIRTH EDUCATION



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 as well as Thursdays from 6-8pm. 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. Contact the office for more information.