



Home4Birth

June 2017

Upcoming Events

- * July 27, Thursday **Birth Boot Camp** begins at 6 p.m. It's not too late to sign up! Call the office to join. You can makeup missed classes online.
- * Tuesdays and Wednesdays **Meet the Midwives** call the office for further information
- * Every Monday, 6 p.m. **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
"What is done in love
is done well"

- Vincent Van Gogh

Brandi Wood, CPM;
Kelly Graham-MacDonald,
Office Administrator; &
Anna Ulam, Office Assistant
and Birth Assistant

12840 Ford Drive Suite 100
Fishers, IN 46038
2616 Little John St.
Anderson, IN 46013

Welcome May Babies



Stuffed Peppers with Turkey and Vegetables

Ingredients

4 green bell peppers, tops removed and seeded
1 lb ground turkey
2 tbsp. olive oil
1/2 onion, chopped
1 cup mushrooms
1 zucchini, chopped
1/2 red bell pepper, chopped
1 cup fresh spinach
1 can (14.5 oz) diced tomatoes, drained
1 tbsp. tomato paste
Italian seasoning, to taste
Garlic powder, to taste
Salt, to taste
Pepper, to taste

Directions

Preheat oven to 350
Wrap green bell peppers in aluminum foil and place in a baking dish. Bake for 15 minutes.
In a skillet over medium heat, cook turkey until brown. Set aside.
Heat oil and cook onion, mushrooms, zucchini, red bell pepper, and spinach until tender.
Return turkey to skillet and mix in tomatoes, tomato paste, and seasonings.
Stuff peppers and return to oven for additional 15 minutes



Maternity Belly Band

By Blanqi

The maternity belly band provides support and lifts belly weight to alleviate pelvic and back pain. Great for active lifestyles as it provides all day comfort and is designed to have a seamless fit.

Available at:

<https://www.blanqi.com/collections/maternity-supportwear/products/blanqi-maternity-support-bellyband?variant=1114741325>



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 August 17 at 7 p.m. in the Hamilton East library, 5 Municipal drive, Fishers, IN. There will be a brief break from meetings in June and July. Meetings will resume in August

CHILDBIRTH EDUCATION



Starting Thursday July 27th!

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 or 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.