



Home4Birth

July 2017

Upcoming Events

- * July 27, Thursday **Birth Boot Camp** begins at 6 p.m. Call the office to join! You can makeup missed classes online.
- * Tuesdays and Wednesdays **Meet the Midwives** share this with your pregnant friends!
- * Every Monday, 6 p.m. **Prenatal Yoga with Lauren** Free for clients, guests \$11per class or five 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

"Be fearless in the
pursuit of what sets
your soul on fire"
-Jennifer Lee

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Welcome June Babies



Elliana



Frankie



Isabelle



Skylynn

Summer Chopped Salad

Ingredients

Salad:

4-8 cups of chopped lettuce
 1/2 cup fresh basil and parsley, chopped
 2 Tbsp. fresh thyme, chopped
 2 ears of corn with kernels removed
 1 1/2 cups tom-tom tomatoes, halved
 1 red pepper, chopped
 3/4 cup fresh berries
 1 peach, finely chopped
 1 jalapeno, seeded and chopped
 1 1/2 cup cooked chickpeas
 1 avocado, chopped
 4-6 ounces goat cheese, crumbled

Dressing:

1/2 cup olive oil
 1 Tbsp. apple cider vinegar
 2 tsps. Honey
 1 tsp chipotle chili powder
 2 cloves garlic
 1 lemon, juiced
 Salt and pepper to taste



Directions

In a large bowl combine all salad ingredients except the cheese and avocado
 In another small bowl combine all dressing ingredients and whisk.
 Pour dressing over salad, top with avocado and cheese.

Reusable Swim Diaper By Beau and Belle

A diaper made for swimming that is adjustable for children infancy to 3 years. The diaper adjusts to individual waist and legs sizes with the use of buttons. For more information and purchasing please visit:
<https://beauandbellelittles.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. The center is 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 Birth Boot Camp childbirth education classes. The cost for the ten class series is \$300.00. Classes are held Saturdays, from 10 a.m. to noon or Thursdays from 6 to 8 p.m. 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.