



Home4Birth

August 2017

Upcoming Events

- * Tuesdays and Wednesdays **Meet the Midwives** call the office for further information.
- * Thursday, Sept. 7, **Birth Boot Camp** begins at 6 p.m. Call the office to join! You can makeup missed classes online.
- * 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

**“The best way to find yourself is to lose yourself in the service of others”
-Gandhi**

**Brandi Wood, 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)
Fax number 765-250-9389

Welcome July Babies



Elizabeth



Bryon



Layla

Egg and Veggie Muffins

Ingredients

Coconut oil spray

12 eggs

1/4 red bell pepper, diced

1.4 yellow bell pepper, diced

1 cup fresh spinach

1 green onion, chopped

Salt and pepper to taste



Directions

Preheat oven to 350 F

Spray muffin tin with coconut oil spray

Whisk eggs together with salt and pepper

Stir in bell peppers and spinach

Carefully spoon the egg and vegetable mixture into 12 muffin cups

Bake for 25-30 minutes

Top with green onions

Serve muffins warm or store in refrigerator

BWI of Central Indiana Meetings

Tuesday, August 22, 6 to 8 p.m.

Fishers Public Library, 5 Municipal Dr., Fishers, Indiana 46038

Sat., September 2, 10 a.m. to noon

Krannert Park, 605 South High School Road, Indianapolis, 46241

Learn how to use your carrier or borrow one of the lending library carriers. See carrier demonstrations & chat with a babywearing educator. Meet & socialize with other babywearing caregivers. Free. Children of all ages, significant others, grandpar-ents, etc. all welcome.

<http://thebabywearer.com/forum/>

<https://www.youtube.com/user/babywearingfaith>

Fawn Design Bags

Fawn Design makes an assortment of bags for the entire family. Fashionable yet practical designs for her, him, and little ones that hold all the essentials needed to have a family on the go. Products can be found at <https://fawndesign.com/collections/bags>



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.

CHILDBIRTH EDUCATION



Starting Thursday Sept. 7th!

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.