

3RD ANNUAL WINES AROUND THE WORLD EVENT

On August 21, 2019 we celebrated our third annual Wines Around the World event, featuring wines from the most prominent regions of Italy. It was such a fun and successful night dedicated to the women at The New Beginnings Center. Guests enjoyed wines from all the major regions in Italy, which were paired with fabulous appetizers from Bacon & Caviar Catering. Auction items included everything from Trisha Yearwood tickets, to cases of wine to stock your cellar, to tastings in Napa. We want to thank all who came out to support New Beginnings at this wonderful event. All proceeds benefit our programs and allow us to serve more women in Middle Tennessee!



A HUGE THANK YOU TO OUR
EVENT SPONSORS!



WELCOME OUR NEW BOARD MEMBER!

Donna Allen

AVP Customer Relationship
Management at HCA

MONEY MATTERS WORKSHOP



On August 17th, TNBC Board Members, Karen Clark and Melinda Drennan, led "Money Matters" a financial health and well-being workshop. We learned how to track spending and develop a budget toward the achievement of financial goals. Thank you, Karen and Melinda, for sharing your wealth of knowledge!

CLIENT SPOTLIGHT: JAN SEBASTAIN



I found out about The New Beginnings Center (TNBC) from a work colleague. She was losing weight and getting healthy and told me she was a New Beginnings client. I looked at TNBC's website to learn more and wrote a pleading letter for acceptance into the program! I needed direction and New Beginnings offered what I was looking for. Everything about the program exudes strength and validates in me a desire to keep on, to keep growing and keep improving. The information about nutrition and how to make healthy choices is so insightful and valuable. I used to think carbs were only in bread. I thought that protein was only in red meat. I learned about the importance of carbohydrates, which ones add nutrients and the ones to steer clear of. I learned about the value of protein and how to measure a serving size. I learned that healthy fats belong in my diet and discovered that they facilitate weight loss. The most exciting part of the class for me is the workouts. Even though I "love-to-hate" the sled, I love the workouts and how they energize me and make me work harder toward my goal. The workouts seem to build perfectly on the lessons we learn. It's about small steps. We can't do it overnight. We are not judged. We have a community of women and coaches supporting us. We truly are a family looking out for one another and supporting each other. And we know the door never closes on us. Thank you, New Beginnings, for your vision and dedication in carrying out your mission!

WELCOME TO OUR NEW TNBC COACHES!



Hannah
Lamb



Ally
Wolf



Amber
Crabtree

MONTHLY GIVING IS NOW AVAILABLE!

Want to know how to make an even bigger difference in TNBC's mission and the lives of women across Nashville? Monthly giving is now available! The option of monthly giving allows you to spread the financial impact of your giving across the entire year. This ensures your impact is consistent. Want to join our Donor Society? Good news! Monthly giving means that for just \$83.35 a month you can become a Donor Society member in just one year! Visit www.thenewbeginningscenter.org/how-to-donate to set up your monthly giving now.

WE WANT TO GIVE THANKS TO OUR DONOR SOCIETY MEMBERS!

Angela Wright	Frank & Carol Daniels	Martha Mazzone
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CONGRATULATIONS TASH!

Congratulations to TNBC Co-founder, President, and CEO – Tash Weddle for being named one of 2019's Most Admired CEOs by the Nashville Business Journal. We obviously agree! Her hard work and passion have helped tangibly change the lives of so many women around Nashville already, and this is only the beginning.



FUTURE EVENTS

SPRIT OF WELLNESS LUNCHEON

Join us for our eighth annual Spirit of Wellness Luncheon on October 24, 2019, at the Richland Country Club. The event will showcase the impact The New Beginnings Center has had on women in Middle Tennessee over the past eight years. Tash Weddle, President and CEO, will present our mission, purpose, and inspiring statistics. We will also introduce New Beginnings clients who will share their accounts of how the program has changed their lives.
Registration: 11:30 AM
Lunch & Program: 12:00-1:00 PM
Location: Richland Country Club-1 Club Dr., Nashville, TN 37215
For more information, call 615-432-2579

NEXT SESSIONS START JAN. 7, 2020

TNBC will be accepting applications for our next class starting on Tuesday January 7, 2020. Our 12 week program offers women individualized nutrition coaching, fitness coaching, and self-actualization lessons. Meets weekly: Tuesday & Thursday evenings at 5:30 PM, 6:00 PM, or 6:30 PM
Application deadline: Monday, December 16, 2019
To secure your spot apply online at:
www.thenewbeginningscenter.org/apply



RESHAPING THE FUTURE OF HEALTH

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