

8TH ANNUAL SPIRIT OF WELLNESS LUNCHEON

On October 24th, 120 individuals, businesses, and community partners joined TNBC board members and clients at our eighth annual Spirit of Wellness Luncheon. The Spirit of Wellness award was presented to United Way of Metropolitan Nashville for their continuous support in funding our programs each year. To date this has been our most successful Spirit of Wellness Luncheon and we raised over \$40,000 to empower women through our programs thanks to your generosity and support! Thank you!



A HUGE THANK YOU TO OUR EVENT SPONSORS!

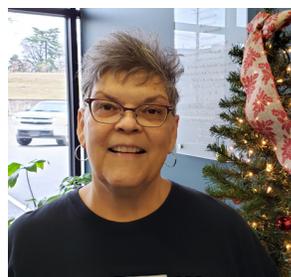
INBODY 770

In case you haven't heard, we recently got an Inbody 770 body composition analyzer! This machine will be a real game-changer for measuring progress with clients in the New Beginnings program because it allows us to go beyond body weight and see what each client's body actually consists of. It will truly provide our clients with state-of-the-art data about how they are transitioning throughout our program and tangibly demonstrate what we already know – health is about more than just weight. A huge thank you to The Anne Potter Wilson Foundation! Without their generous support, this acquisition would not have been possible.

APPLAUSE

Join us on February 19th, 2020 for our annual Applause Event. This will be an evening of delicious hors d'oeuvres, and cocktails, as well as a spectacular silent auction, and a celebration of honorees who have made a difference in our organization. All proceeds received will be instrumental in helping us improve Nashville's health and obesity statistics, creating significant long-term savings as we build a healthier community. When you support TNBC, you come together with donors, businesses, and community leaders to encourage each woman to reach her full potential and pass down healthy habits to her family and children - creating intergenerational change.

CLIENT SPOTLIGHT: TERESA WILKES



I've been overweight all my life. I had bypass surgery in 1988. I lost a total of 65 pounds after the surgery but gained it all back within a few years. No one ever told me I'd have to change the way I ate or the way I thought about food. It's been a lifelong struggle and as I've gotten older, I've had numerous health issues that require me to be on medication. In June of 2019, I had a doctor's appointment and my weight was continuing to go up. I knew it was time to find something that would result in a sustainable change. I had seen a story about New Beginnings on television and it stuck with me. I found the website and saw that a program was starting soon. The timing was right, so I enrolled. New Beginnings has saved my life both physically and mentally. I've learned so much. When I started the program, I weighed about 250 pounds. I am now at 219. My initial goals were to become stronger, be more flexible, develop stamina and lose some weight. My physical goals were accomplished but I wasn't expecting the positive impact the program had on me mentally. New Beginnings has helped me face my fears. I used to be afraid of trying new things. I used to let my weight hold me back. I was afraid of not being able to do certain exercises. The welcoming environment at New Beginnings helped me feel accepted and has given me confidence to try new things. I apply daily the things I've learned about nutrition. I eat until I'm 80% full. I'm more mindful when I eat, and I drink a lot more water. I would tell anyone who is considering New Beginning to invest in yourself and enroll. As the coaches say, "Just show up!" and you will achieve great things.

WELCOME OUR NEW BOARD MEMBER!

Natalie Morteza
Financial Advisor & Vice President
at Bernstein Wealth Management



ARTFUL MEDITATION WORKSHOP

Artist Anna Fisher led us in an amazing Artful Meditation on October 19th. After a brief centering exercise, participants selected hues that spoke to them from an array of colors, grabbed a brush and spent the remainder of the workshop transforming a blank canvas. Some paintings were abstract, others realistic, but each was a beautiful artistic expression of the one holding

the brush. "Thanks to Anna, who gave of her time and spirit to lead us. Time flew as you immersed yourself into the process. It's a beautiful way to meditate." -Venise

NEW SATELLITE LOCATIONS!

We are bringing our program out into the community to serve more women in the Nashville area! TNBC makes this mobile program available to women through partnerships with other nonprofits. These partnerships allow TNBC to reach more women in the Nashville area who may not have the means to travel to TNBC's Craighead St. location. Our personal trainers travel to these facilities with all necessary materials and equipment to ensure that the satellite clients receive the same level of education offered at the main center.

Here are the dates and times of our satellite locations:

- St. Luke's Community House – Mondays from 6-7PM
- Bethlehem Center (Senior Program) – Thursdays from 11AM-12PM
- McGruder Family Resource Center – Tuesdays & Thursdays from 12-1PM
- Inglewood Elementary – Mondays from 8:15-9:15AM
- SE Branch, Nashville Public Library – Tuesdays 6-7PM

WE WANT TO GIVE THANKS TO OUR DONOR SOCIETY MEMBERS!

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ON THE HORIZON

THE NASHVILLE OPERA

The Nashville Opera is bringing their performance of "Little Red's Most Unusual Day" to TNBC on March 21st.

NEW COHORTS!

We are so excited to announce that we just started our 54th, 55th and 56th New Beginnings cohorts! Our session started January 7th and will go through March 26th. Our classes start at 4:45, 5:30 and 6:00. Let us know if you'd like to stop by to visit one of our classes or join us for graduation in March!

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RESHAPING THE FUTURE OF HEALTH

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