

# new beginnings

Changing Nashville's health landscape one woman at a time.

## 2021 WINE EVENT SPONSORS

Corporate sponsorships are essential to sustaining our work affordably and consistently. For our upcoming annual Wine Event on August 9th, 2021, TNBC is honored to partner with organizations committed to preventative women's health by financially supporting this event and our mission to reshape the future of healthcare. To all our sponsors and supporters, thank you!



If your organization would like to join our growing list of corporate sponsors, contact [jlankford@tnbcenter.org](mailto:jlankford@tnbcenter.org) to get started!

## New! COMMUNITY PARTNER



We are delighted to be partnering with Thistle Farms this summer! By providing our in-house services to their clients, we ensure that all women, no matter their background, are strengthened from the inside out.

## WORKSHOP HIGHLIGHT



### BIKING 101:

We had a great turnout for our Biking 101 workshop. Our clients learned biking safety, resources, and basics alongside our community partner, Nashville Bike Fun! We love connecting our clients to community resources that help them get outside and get active.

### SELF-DISCOVERY WRITING:

We are so grateful to Tobi Fishel, Ph.D, for facilitating this inspirational workshop: "Sacred and Sassy, Wild and Wonderful". She created a safe circle for us to reflect and respond to meaningful prompts. After we shared our musings, Tobi created a poem that included phrases from each person in the group. It was an amazing experience of self-discovery and connection with others!

## Client Spotlight

I always felt a disconnect between the person I saw in the mirror and the person I really was. I missed countless opportunities because I was too self-conscious to try anything new. I felt like I didn't deserve to take up space. Before New Beginnings I was struggling, stuck in the funk I had been cycling through my whole life. I was tired. I was physically uncomfortable. I was stressed. I was unhappy. I cried all the time. I'll never forget the first time I stepped into New Beginnings. I was shocked because I instantly felt comfortable even though I was completely out of my comfort zone. I somehow knew right away that this was a safe space. I have found so much in New Beginnings.

I have found strength, hope, comfort, peace, community, and myself. This class has given me a much clearer image of what I want for the future. It has helped me set goals and given me the confidence not only to set bigger goals, but to run after them. -Kendal



# New! TNBC COMMUNITY ADVISORS

At TNBC, we are always striving to improve our services and elevate our clients' voices. With that goal in mind, we are excited to have our first ever group of client advisors. We are grateful to Melanie Lockett, Amy Knight, and Sandra Timberlake for their leadership on this inaugural team. These women are generously giving their time, perspective, and mentorship to our clients, staff and Board. Stay tuned for the amazing work we'll accomplish in the next quarter!

## GROUP 63 & 64 RESULTS

Congratulations to our most recent program graduates! Over their initial 12-weeks, our amazing clients reduced their medication use by 11%, experienced significantly less chronic pain, and reported a 100% positive impact on their life! We are so proud of all their hard work, and we can't wait to cheer them on into their healthy futures.



## New TNBC Board Member: Becky McIlwain

We are honored to have Becky McIlwain join our Board of Directors! Becky is the Client Services Support Manager/SVP at Pinnacle Bank in Nashville. Born and raised right here in Nashville, Tennessee, Becky is a fitness enthusiast with a passion for women's health. Becky has been a supporter of TNBC's mission for over three years, and now supports our board development committee in fundraising efforts including corporate sponsorships, in-kind donations, and community advocacy. We are deeply grateful for Becky's commitment to our mission, and we can't wait to see how she helps TNBC change the healthcare landscape for Nashville's women!



## THANK YOU TO OUR DONOR SOCIETY MEMBERS!

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