

SINGER/SONGWRITER EVENT

Heartfelt thanks to Brad Thomason for generously offering his home as the picturesque venue for our Singer/Songwriter event on June 12th, featuring Natalie Stovall! The evening could not have been lovelier, and it was such a treat to listen to Natalie's beautiful music. The event yielded over \$20,000 for The New Beginnings Center. We are wowed and so appreciative of all who made a donation at the event and to Brenda and Colin Reed and Melinda and Jeff Balser for their generous matching gifts. We are grateful to Bacon & Caviar for providing the delicious food and to Brad Thomason for the wine and beverages. Special thanks to clients Amy Knight and Meia Townsend for representing The New Beginnings Center and sharing their experiences!

CLIENT SPOTLIGHT: LYNN GREEN



I found out about New Beginnings through an email I got at work. My health was beginning to decline, and it was affecting my life. The New Beginnings program appealed to me because 12 weeks was a fixed amount of time, it was about moderation and it was designed for all fitness levels. I decided to enroll. And New Beginnings has changed my life. I knew the program would be about improving my physical health, but I did not expect it to provide the emotional and spiritual growth it has. Through our conversations and the support of other women in my class, I now understand why I've made some of the choices I have that have impacted my weight and health. Through our Vision Board project, I saw health and strength emerging as important areas in my life that need my focus. Coach Vanessa has been such a strong leader and great example. Sometimes I get overwhelmed with the big picture and Vanessa always emphasizes that small, steady changes are as important as big victories. When there were exercises in our program that I could not do because of my limitations, my coaches showed me a modification that was safe for me to do. I am doing exercises I never thought I could do. New Beginnings has made me a stronger, more empowered, better me!

NEW BEGINNINGS WELCOMES NEW COMMUNITY DEVELOPMENT COORDINATOR

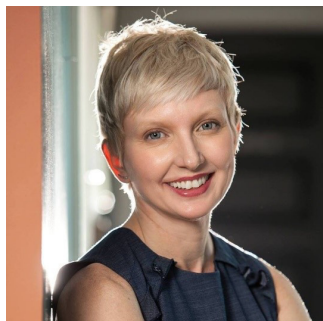


New Beginnings is excited to welcome Lorri Marlow as our new Community Development Coordinator! Lorri recently earned her Master of Arts in Public and Nonprofit Management from Johns Hopkins University while working as a high school teacher in a charter school network in Chicago. She has always loved fitness, especially running outdoors, and loves experimenting with healthy meals and baked goods. She is excited for her move to Nashville and to join The New Beginnings Center team!

WELCOME TO ALL OUR NEW FACES!

WELCOME NEW BOARD MEMBERS!

We are so excited and grateful to have these great women join our board!



**Angelique Cohen,
MD, MBA**

Physician Advisor, Medical Director Utilization/ Care Coordination at Saint Thomas Health Ascension



Melinda Balser

Community Volunteer



THE BIG PAYBACK UPDATE

Thank you to those who participated in the 5th annual Big Payback Campaign hosted by The Community Foundation! The New Beginnings Center raised over \$8,000 for the women of New Beginnings. We are so grateful for the supporters in our community that continue to help our organization grow!

Photo features trainers and volunteers dressed up for the Big Payback's Game Day Throw Down hosted at Bridgestone Arena.

HERB GARDEN WORKSHOP

The New Beginnings Center hosted an Herb Garden Workshop on April 27th with the help of The Nashville Food Project. Attendees learned about companion plants and using sand, compost and soil to create a healthy growing environment with parsley, peppers, and basil plants. It was a fun and educational Saturday!



WE WANT TO GIVE THANKS TO OUR DONOR SOCIETY MEMBERS!

Angela Wright	Frank & Carol Daniels	Martha Mazzone
Anneke Diem	Holly Whaley	Melinda Balser
Annis Marney & Glenn Dukes	Janet Frenkel	Melinda Buntin
Barbe & Chris Barker	Janet & David Miller	Nancy & Jason Kowalczyk
Beth Fortune	JD Hasenbank	Nancy Anness
Betty Price	Joanne Jackson	Nancy Zoretic
Brad Thomason	Joanne Pantalone-Jolly	Nancy Clayton
Brenda & Colin Reed	Judy Fabling	Natasha Weddle
Bryan & Beth Martin	Karen Clark	Renee Stewart
Carla Worthey	Lainie Allbee	Robert & Jill Pullen
Carol & Bill Titus	Laurie & Steve Eskin	Robert Arras Jr.
Carol & Paul Ciolino	Lee & Kim Greenwood	Sharon & Bill Piper
Carrie & Jeff Harding	Leslie Mackowiak	Starling Davis
Cathy Lewis	Libby & Larry Dorris	Stephanie & Connie Falk
Cheryl Chunn	Lisa Henderson	Stephanie White
Chris & John McCarthy	Liz & Mike Schatzlein	Sue & Gil Chilton
Christi Throneberry	Lucy Forrester	Susan Hoffman
Christie Wilson	Lydia Howarth &	Susie Reis
Colin Dayan	Nick Zeppos	Sydney Sonneborn
David & Patti Crane	Lynne & Dave Teckman	Tari Hughes
Dr. Annette Kyzer	Mandy Wachtler	Theresa Herman & Brent Coil
Eleanor Hyde	Marjean Coddon	Tina Doss
Elizabeth Williams	Martha Ingram	Todd Bottorff
		Vicki Porter & Bill Luster

FUTURE EVENTS

WINE EVENT

Come join us as we host our 3rd annual Wine Event on August 21st, 2019 from 5:30-7:30PM located at The W.O. Smith Music School. This year's theme is Taste, Tour, and Explore Under the Tuscan Sun. All guests will experience an interactive evening of hand selected Italian wines from the regions of Toscana, Veneto, Piemonte featuring appetizers from Bacon & Caviar.

Purchase your tickets online at:

www.thenewbeginningscenter.org/events

newbeginnings

Taste, Tour and Explore Under the Tuscan Sun

Enjoy an interactive evening of hand selected Italian wines from the regions of Toscana, Veneto, Piemonte.

Featuring hors d'oeuvres from **BACON & CAVIAR**



AUGUST
21
2019

W.O. Smith Music School
1125 8th Ave S.
Nashville, TN 37203

5:30-
7:30 PM

Advance Ticket Pricing - \$100

Ticket Price will increase to \$125 starting August 14th

Purchase online at <https://www.thenewbeginningscenter.org/events>

All proceeds received will benefit our New Beginnings Programs

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RESHAPING THE FUTURE OF HEALTH

509 Craighead Street, Suite 100
Nashville, TN 37204

+1 (615) 432-2579

www.thenewbeginningscenter.org