

WELCOME NEW BOARD MEMBERS!

TNBC wants to welcome our New Board Members of 2018. The Board of Directors have a tremendous impact on shaping what our organization is today. Their dedication and hard work has demonstrated what it means to support TNBC. We can't thank you enough for believing in our organization. Below, are the new additions to our 2018 board!



Hart Casey
Trstut & Safety
Team Lead
at Lyft



Nancy Benskin
Senior Vice President
and Financial Advisor
at Pinnacle Financial
Partners



Melinda Drennan
Owner of Drennan
& Associates, PLLC



Raquel Beck
Office Leader
at Pinnacle Financial
Partners



Theresa L. Herman
Chief Quality Officer
at Saint
Thomas Health



Lana Suiter
Realtor at
Realty Trust
Residential LLC



Jennie Hanson
Director, Executive
Talent Development
& Advancement
at HCA Healthcare

SINGING FROM THE HEART BENEFIT CONCERT

TNBC's Benefit Concert in honor of Heart Health Month, was a wonderful night hosted at City Winery. It was filled with great music, food, and drinks. The talented Singer-Songwriter, Gretchen Peters, & Nashville recording artist and musician, Barry Walsh, dedicated their time and talent to raise awareness and funds for TNBC. We are so thankful for all who came out to support this fun evening!

THANK YOU TO OUR SPONSORS, WHO MADE THIS EVENT POSSIBLE!



John & Chris McCarthy



Lydia Howath, Jillian Balser,
Melinda Balser, and Maddie Balser



Lillian Gilmer (Board Chair), Chris
McCarthy, Tash Weddle (CEO),
Annis Marney



Tash Weddle (CEO), Gretchen Peters,
Barry Walsh, and John McCarthy



James Stallard, Lana Suiter
(Board Member), G Andrea, and
Caitlin Yusko (Development Director)



Al and Gina Willis (Representing
Bethel University)

NASHVILLE FIT MAGAZINE BEST OF 2017



We started off our 2018 year with some exciting news! We are thrilled to announce that The New Beginnings Center took 2nd place in "Best Local Non-Profit" and Tash Weddle won "Fittest CEO"! Thanks to all who voted for The New Beginnings Center and for Tash Weddle in Nashville Fit Magazine Best of 2017 poll!

WAY TO GO!



THE BIG PAYBACK IS BACK FOR 2018!

Join The New Beginnings Center on May 2nd, 2018 for the return of The Big Pay Back! The Big Payback is bringing Middle Tennessee together as one community, raising money

and awareness for our local nonprofits in a 24-hour period. We hope you will join us in supporting the Women of Nashville by donating to TNBC!

NASHVILLE BY NICOLE ON LIGHTNING 100



Nicole and Tash (CEO)

Nashville by Nicole spotlighted and interviewed Tash Weddle and introduced Lightning 100 listeners to The New Beginnings Center. Tash spoke on behalf of our Singing from the Heart Benefit Concert, provided success stories, and spoke about TNBC's 2018 goals. We hope that the listeners were able to hear the impact we are creating in our community.

LISTEN TO THE FULL INTERVIEW AT:

<https://soundcloud.com/lightning100/new-beginnings-center>

CUTE & COMFY FASHION SHOW



TNBC and Cute & Comfy paired up for a fun Sunday afternoon on March 11th, 2018! Volunteer models showcased Cute & Comfy's new Spring Collection. Guests were able to shop from their stylish and comfortable shoes and clothes! 20% of proceeds benefit our New Beginnings programs!

Photo features:
Mary Ann Hill and Dana Wallace

Photo features:
Libby Doris (Board Member)



NEW SATELLITE LOCATION!



We are thrilled to announce we have started a NEW satellite location at Napier Elementary School. Our New Beginnings programs have been offered to the staff and parents of Napier Elementary. Classes began Tuesday, March 6th 2018 and will be held every Tuesday at 4:30pm. We are excited to expand our inspiring programs to our Nashville community.

CLIENT SPOTLIGHT: MINGYON HUDSON



The New Beginnings program has awakened my physical, mental and spiritual well-being to the overall importance of eating and living healthy. I can honestly say this because before attending the New Beginnings program I was a tsunami of a mess. I was an insulin-dependent diabetic who weighed over 300 pounds, had no energy, and was severely depressed over losing loved ones. ...I was pretty much waving the white flag of defeat. Then a good friend of mine, you know the one who eats right, exercises, happy go lucky one, told me about a program she heard about from a co-worker at Dollar General Corp. called, "New Beginnings". This

friend suggested that I apply to the program. Thus, this was one of her better recommendations. Since joining I have found New Beginnings to be refreshing and a community of family-a family who cheers you on when losing weight and commiserates when the scale isn't saying what you want. New Beginnings has educated me that eating and living healthy is pivotal in how I will live the rest of my life and the quality of that life. Therefore, I have decided I want to live the best life possible. In two months of attending the program, I have lost 41.8 pounds, my units of insulin decreased from 21 units to 12 units daily, my hemoglobin A1C is now 6 as oppose to 7.5, my overall glucose average has decreased to 125. And, oh yea, I remembered I hold a law degree from Ole Miss; and as a result of these changes, I sat for the February bar exam focused and at ease. Thank you, New Beginnings, for my new empowerment & beginning. I highly recommend this program for anyone whose goal is to improve their life and happiness through healthy living.

FUTURE EVENTS

APPLAUSE

Save the Date for TNBC's annual Applause Silent Auction Event! TNBC will be honoring past Board Chair Sharon Piper for her hard-work and dedication to our organization. This event will take place at Maggianos Little Italy on April 12th 2018 from 6-8PM. Guest will enjoy an evening full of great auction items, hors d'oeuvres, and cocktails! To purchase your tickets go online to www.thenewbeginningscenter.org/events



OPERATION STAND DOWN WELLNESS FAIR

TNBC will be participating in OSDTN Veteran Health Fair on April 13th from 9:00 a.m. to 3 p.m. A number of local nonprofits and organizations will also participate in offering services that encourage holistic health to the surrounding community. We are so honored to be a part of this inspiring afternoon!



TAKING APPLICATIONS FOR NEW BEGINNINGS PROGRAMS!

TNBC will be accepting applications for our next class that will be starting on April 10th, 2018. This 12-week program will focus on healthy choices for nutrition, activity/exercise, body image and self-confidence. Next Session: 4/10/18 – 6/28/18 Meets Weekly: Tuesday & Thursday evenings between the times of 5:30PM, 6PM or 6:30PM Application Deadline: 3/26/18 To secure your spot apply online at: www.thenewbeginningscenter.org/apply



RESHAPING THE FUTURE OF HEALTH

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