

Congratulations Tash!

Congratulations to TNBC Co-founder, President, and CEO – Tash Weddle – for being named one of 2020’s Women of Influence by the Nashville Business Journal. Every day we get to see how her work in the field of strength and fitness empowers every woman who walks through our doors. It is a true joy to know that these women go back out our doors equipped to empower others.



The Big Payback

You can follow us on Facebook and Instagram for up-to-date information on the Big Payback, currently scheduled from 6:00 p.m. on May 6th to 6:00 p.m. on May 7th. These 24 hours of giving have helped Middle Tennessee’s nonprofit community raise nearly \$17 million dollars for more than 1,000 nonprofits over the past 6 years. This year will be the biggest year yet and will be even more important to the nonprofits in Middle Tennessee in light of our recent natural disasters and health crisis. The good news – under the CARES Act, 100% of individual donations are tax deductible. Keep an eye out for our campaign reveal and for ways you can get involved, coming soon!

Client Spotlight

We love stories of friendship here at New Beginnings and we understand the power of these bonds when it comes to healthy habits and exercise. Meet Frances (left) and Aviva (right), who met when Aviva--and her mom and sister who were visiting Aviva--called Lyft for a ride home from a concert, and not long after, Frances pulled up to the curb.

On that first ride, Aviva and Frances talked eagerly. Both were new to Nashville and neither had made many friends yet. “After we got home,” Aviva remembers, “my mom and sister said that Frances was great and that I should have gotten her phone number.” Aviva agreed. “So, I had this crazy idea. I knew it was possible to report a ‘left-behind’ item after a Lyft ride, so I opened my app and in the ‘missing’ box, I typed ‘opportunity for friendship.’” Frances called back and they made plans to go hiking the following weekend.

Since then, Frances and Aviva have been close friends and wellness buddies. They joined New Beginnings together in January of 2019. They completed the 12-week program and continued attending exercise classes at The New Beginnings Center. “Aviva is so consistent that I never worry she won’t show up,” Frances says. “I know if I don’t go, it affects Frances, and I don’t want to let her down,” says Aviva. In these ways, they motivate each other and keep each other accountable. “Aviva encouraged me to do my first 5K last May,” says Frances. “I would never have signed up without her.”

At the start of 2020, the two established some new exercise and nutrition goals. They are planning and tracking their meals and using the nutrition tips they learned at New Beginnings. And we see them regularly at the New Beginnings workout classes on Mondays, Wednesdays and Saturdays. They’re here at TNBC for each other 100 percent. We are so proud of this dynamic duo!



Virtual Hats Off to Groups 54, 55 & 56!

Here at TNBC, we were determined not to let social distancing diminish our graduation celebration, and on March 24 and 26, we gathered with our January program participants via video conference for special recognition of their completion of our 12-week program. Our clients took turns sharing their success stories and personal mission statements. It was so impactful, and we are so proud of their dedication and all they accomplished!

“TNBC’s program has inspired me that it is never too late to be healthy and challenge yourself for change. The program has empowered my way of approaching the coming years with a healthy Mind, Body and definitely Spirit! All credit goes to the New Beginnings staff for their knowledge, support and compassion for others.”
-Donna, TNBC Client

We are committed to our women and to maintaining connections virtually with all our clients through our weekly rewards classes on Mondays, Wednesdays, and Saturdays, and have added a new lunchtime session on Tuesdays that will include nutrition tips, meal prep ideas, self-care strategies, and personal growth and development exercises. Our mission is more important now than ever.

Our programs provide economically disadvantaged women access to preventative wellness programs that allow them to fight chronic diseases and the risk of chronic diseases. Not only do these holistic classes help individual women, their families, and their communities, but they help lessen the strain on the healthcare system during times like these when all resources should be used for the health crisis at hand, rather than treating obesity-related health issues.

We can’t wait to start our next group when it is safe for us to gather again! Thank you for all you have done to help our clients achieve a new level of wellness and improved quality of life.



Annual Applause Event

On the evening of February 19, we gathered to enjoy delicious hors d’oeuvres, cocktails, and a sensational silent auction and to applaud special people who, during the past year, have made an important difference in our organization. This year our honorees included volunteer Karen Clark, the organization FirstBank, and a New Beginnings Client Teresa Wilkes. Thanks again to all of you for the ways in which you increase the reach and power of the TNBC program. We want to report as well that, for the first time, our Applause attendees used a mobile bidding app – Qgiv – and thanks to all of our amazing sponsors and wonderful guests, TNBC raised over \$35,000. These funds will help us improve Nashville’s health and obesity statistics and lead to significant long-term savings as we build a healthier community together.



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