

new beginnings

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

New! SPONSORSHIPS

Corporate sponsorships are essential to sustaining our work affordably and consistently. In response to the COVID-19 pandemic, TNBC has partnered with organizations committed to preventative women's health by sponsoring their employees, students, or clients in the community!



If your organization would like to join our growing list of corporate sponsors, contact jllankford@tnbcenter.org to get started!

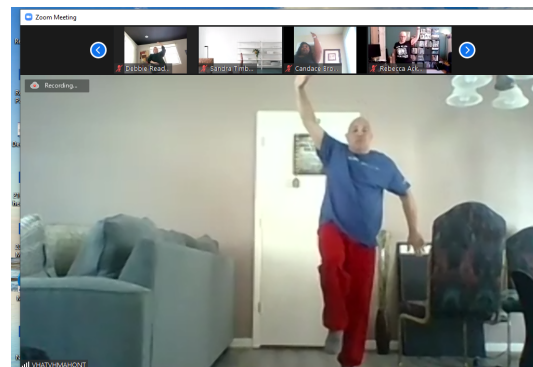
New! COMMUNITY PARTNER



We are delighted to be partnering with Big Brothers Big Sisters of Middle Tennessee this Spring with an 8-week online wellness program for parents whose children are part of BBBS. The program is made possible through a 2-Gen grant from the Department of Health and Human Services.

The course is called "Yes, You Can! 8 Weeks to a Better You!" and focuses on a holistic approach to better health through goal setting, accountability and habit change.

WORKSHOP HIGHLIGHT



Tai Chi is a gentle movement modality that promotes balance and good posture. It is referred to as "moving meditation" and is known to be effective in reducing neck and back pain! We are grateful to US Army veteran, Terry Mahone, who shared his expertise and led us through an amazing online practice on February 20th. This workshop was so popular that we have scheduled another one on Saturday, March 20th!

"This felt amazing, and my balance improved by the end!" -Monique

Client Spotlight



When I started New Beginnings in April 2020, I had just been diagnosed with pre-diabetes and my cholesterol was too high. I had to take action to prevent myself from becoming diabetic or worse. I just knew I could not tackle this problem alone. I saw a New Beginnings flyer in my doctor's office and immediately thought this program might be the answer to my prayers. I enrolled in New Beginnings' online class and began my journey to better health. What I love most about the program is that it's not a fad diet where you lose weight and then gain it all back. New Beginnings has provided me with the tools to make permanent lifestyle changes, become healthier, and lose weight – the right way. The program also taught me how to manage my stress to make better food choices and not overeat when I feel worried or anxious. I have more energy and feel better physically, mentally and emotionally!

I still attend online exercise classes every week, and I have lost 21 pounds and restored my A1c and cholesterol to a normal range! New Beginnings was instrumental in my getting my most recent job because I'm healthier and happier. I am inspired to continue this journey to better health and to look, feel and be the very best person God created me to be.

-Lauren Bonner

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New! MERCHANDISE



We are thrilled to not only roll out new merch, but also support local artists, small businesses, and former clients too! Graphic designer, Sarah Glagolev, and local, family, female, and Black-owned business, Elise-Verne Creations, designed and printed face masks and sweatshirts featuring a word we hear a lot at TNBC: "Stronger"! No matter where you are in your health journey, we hope you can grow stronger this season.

To order your merch, email jlankford@tnbcenter.org today! All proceeds go to our life-changing scholarship programs for clients.

UPCOMING COHORTS

We are so excited to start our 63rd, 64th, and 65th TNBC cohorts on April 5, 2021! If you or a woman you know is interested in getting help on their health journey from a team of supportive coaches and likeminded community members in a judgement-free zone, apply today on our website! For questions or for more information, email kgillingham@tnbcenter.org



A Note from Tash

As we enter a new year and spring begins, I'm reminded of the renewal we feel not only in the physical world around us, but also within ourselves. As clients navigate seasons in their health journey, I always see a difference in mood, drive, and consistency as spring begins. Considering the challenges we faced in 2020, renewal is long overdue for us all. Not only have I been amazed by our staff and clients' patience, resilience, and acceptance, but also by the consistent inner and outer growth as I watched each of you become tenacious solution finders. I'm so grateful to not only be supported by our incredible, loyal donors and board members through every season, but also to our staff in launching innovative virtual and in-person programs that retain our impeccable level of service to all our clients.

With our newfound renewal, I'm looking forward to TNBC growing to new heights, reaching more women, and continuing to change Nashville's health landscape alongside each of you.

Thank you,

Tash Weddle, President and CEO