



APRIL | MAY | JUNE

# HEART *Beat*

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# Nashville CARES Nutrition Guide



## WHAT



**CLIENTS CAN CHOOSE BETWEEN 2 OPTIONS:**

**CHOICE PANTRY (PRODUCE ONLY) & \$15 Butterball Voucher** **OR** **PRODUCE BAG & \$15 Butterball Voucher**

## WHEN



### CHOICE PANTRY:

- 4/10: 10:00am - 2:00pm
- 4/24: 10:00am - 2:00pm
- 5/8: 10:00am - 2:00pm
- 5/22: 10:00am - 2:00pm
- June TBD

### PRODUCE PICK UP:

- Tuesday - Friday
- 9:00am - 4:30pm



We now have a new scheduling system for Choice Pantry and Produce Pickup services (1 hour time slots). Click [HERE](#) to schedule or point your camera at the QR code above.

Please ensure you come during your scheduled hour to ensure we have enough available staff to assist you.

**Reminder:** Transportation assistance is now available for clients wishing to attend Choice Pantry. Please connect with your case manager to make arrangements.

## WHERE

442 Metroplex Drive  
Building D, Suite 200  
Nashville TN 37211

Pickup is available on the upper level. Ring doorbell for HEARTLine entry.

# THE HEARTBEAT

## CARES RECIPES

### **CHOPPED** EDITION!

Bring in the Spring! We are receiving fresh produce bags daily Tuesday-Friday for clients in need of nutrition services. This month we randomly pulled 3 items from the bag and held a competition for most creative use of ingredients!

The mystery ingredients were:



**Broccoli, Tomatoes & Garlic**

What would you create? Our winner was broccoli crust pizza! I think we can all agree, cauliflower has had its 15 minutes. Let's switch it up and give broccoli a chance to shine. Outside of the extra vitamins and nutrients, broccoli roasts to a lightly sweet note that pairs perfectly with zesty tomato sauce and rich sautéed garlic. Check out the recipe and let us know how your pizza came out!

#### BROCCOLI CRUST PIZZA

#### INGREDIENTS

For crust:

- 20 oz fresh broccoli florets
- ½ cup nutritional yeast
- 1 cup shredded Parmesan cheese
- 4 eggs

Toppings of your choice. We used:

- Fresh mozzarella cheese, cubed
- Homemade pizza sauce from our tomatoes and garlic
- Pepperoni slices

#### INSTRUCTIONS

1. Preheat your oven to 425°F.
2. Spread the broccoli florets out onto a parchment-lined baking tray.
3. Roast in the oven for 20-mins.
4. Remove from the oven and let cool for a few minutes.
5. Transfer the roasted broccoli to a food processor and pulse it 10 times or chop by hand until the broccoli is finely minced.
6. Transfer the minced broccoli to a large bowl and stir in the nutritional yeast, Parmesan, and eggs. Mash it up good with your hands so it's well-combined. (yes "mush" is a kitchen savvy term 😊)
7. Split this broccoli dough in half, and form each one into a ball.
8. Place each ball onto a parchment-lined baking sheet and press into an 11-inch roundish circle, about ¼-inch thick.
9. Bake 20 minutes then remove from oven.
10. Using the parchment paper as an aid, lift the crust off the paper and carefully flip it onto another piece of parchment paper. Put it back on the sheet pan, and then back into the oven for 15 minutes, or until the edges are starting to crisp up a bit.
11. Remove from oven and top with a little pizza sauce and your choice of toppings.
12. Bake an additional 15 minutes.
13. Remove from the oven and top with fresh basil (optional).
14. Slice. Serve. Enjoy!



# THE HEARTBEAT



Orangetheory is based on the five heart rate training zones. Unlike High-Intensity Interval Training (HIIT), you adjust your level of effort during the workout based on what your heart is telling you. The goal is to spend 12 to 20 minutes with your heart rate elevated in the “Orange Zone” to boost your metabolism, burn fat and burn more calories. Thanks to the generosity of Orangetheory Fitness, we can provide a free group workout session on the 2nd Thursday of every month.



**EAST NASHVILLE LOCATION**

This group is specifically designed to provide individuals living with HIV a healthy way to exercise with a qualified instructor in a studio environment. Studies have shown that exercise has positive benefits physically, mentally, and even spiritually. Let's move together! All levels of fitness are welcome.

Our engagement with Nashville CARES has allowed us to contribute to an innovative physical fitness dimension within the Healthy University Program. At Orange Theory Fitness, we believe in the power of exercise to transform lives, and our unique workout regimen has proven to be both efficient and effective in enhancing metabolism, strength, confidence, and overall well-being. Orange Theory provides:

- A free group workout session on the 2nd Thursday of every month
- Assignment of a dedicated fitness and nutrition coach to customize the program, addressing the unique needs and goals of each participant.
- Supply of fitness trackers and access to our app for monitoring progress, which includes metrics such as calories burned, steps taken, body composition changes, weight, BMI, and muscle mass.

Feedback from participants has highlighted the substantial positive impact of our program, noting significant improvements in energy, stamina, mood, and sleep quality. These testimonials underscore the importance of integrating regular physical activity into the lives of people living with HIV.

This group is held in East Nashville and prior registration is required! Spots are limited so if you are interested please leave a message and we will be in touch with more specific information. Contact Dr. Tiye (615) 428-4401.

**MAKE IT** MAY 8, 2024  
**A DATE!**

 DINING OUT FOR LIFE  
**NASHVILLE**

[DININGOUTFORLIFE.COM/NASHVILLE](https://DININGOUTFORLIFE.COM/NASHVILLE)





# THE HEARTBEAT

## From the Behavioral Health Team

As the weather improves, are you feeling more motivated to boost your mental health? Do you want to learn some new coping mechanisms? Are you interested in strengthening your relationships? If so, we can help!

To learn more about our services and our team, visit the counseling page of the Nashville CARES website or call the HeartLine at 1-800-845-4266.

## SLEEP: EVER ELUSIVE BUT EVER NECESSARY

**“I find the nights long, for I sleep but little, and think much.” -Charles Dickens**

Does this quote resonate with you? For many of us, sleeping is hard. It can be hard to quiet our minds and fall asleep. Other times we might fall asleep but wake up in the morning not feeling rested.

Did you know sleep can affect: concentration, mood, memory, blood pressure, weight, & more?

Here are some tips that might help you improve your sleep.



Wake up & go to bed at the same time every day.

Turn off screens (phone, TV) 30 min before bed.

Make sure your room is dark and cool. Try using a fan, sleep mask, or white noise machine.

### Tips for Better Sleep

Bed is for sleep. Avoid doing other things in bed (i.e., working, eating).

If after 20 min, you haven't fallen asleep, get up & try a calming activity like journaling or drawing.

Nap traps: resist the urge to nap during the day.

## Client Services Reminders

As Spring kicks off a new season of sunshine, warmer weather (supposedly), and pollen, we wanted to send out a few reminders and tips so that our clients can stay in care and receive optimum assistance while eliminating barriers. Remember, you, our clients and community, drive the bus and set the destinations along the journey. Case managers, doctors, friends, community organizations, and whoever else is in your support network help make that journey as easy as possible.

- Have you had any life changes? Gain or loss of income? New phone number? Moved to a new residence? Get married? Had a medical diagnosis that will affect your life? It is useful to report any changes to your case manager so that they can best assist you in reaching all of your life's milestones and goals.
- Did you let your case manager know that your income changed? Whether an increase, decrease, or loss, case managers need to have your current income. This income ensures that you are in the range for coverage for Ryan White and sets the premium assistance that you qualify for under the Affordable Care Act (ACA). If your income is not reported correctly, your taxes may be impacted due to the government setting your premium based on your income. If you have any changes, even overtime, contact your case manager to help alleviate possible barriers to insurance coverage and payments.
- Clients must recertify with their case manager face-to-face via video conference or in person once a year for Ryan White. Ryan White funds case management, nutrition, and several other resources accessible to clients. Clients need to provide proof of residency and income. If not already on file, proof of being HIV positive and a picture ID must also be collected at this time. Clients will be required to sign releases and program agreements at this time also. Clients cannot receive most services if they are not eligible in Ryan White.
- In addition to Ryan White recertification, clients must also have a clinical assessment every six months. The Ryan White assessment and clinical can be done in the same meeting.
- We continue to provide transportation to all medical appointments for people who aren't offered transportation services already. In addition, we are also able to provide Uber rides to appointments that are not strictly medical. In-person client events, meeting with your case manager, and picking up nutrition are a few examples of other trips we can provide transportation. The request must be turned in by your case manager 48 hours or 2 working days prior to the time of the appointment. Contact the HEARTLine or your case manager for more information or to set up a ride.
- If you have any financial barriers, goals, or concerns, talk with your case manager. We continue to have financial assistance available. If we are able to assist financially, once your case manager has all of the needed and signed documentation, it can take 3-5 business days for the request to be processed.

Contact your case manager if you have any questions. If you are not sure of who your case manager may be, contact the HEARTLine, 1.800.845.4266, and someone will be able to assist you. Case management is here to assist you in succeeding, not just with your HIV care, but your whole life.

# Insurance Fraud Targeting Clients

Fraudulent insurance brokers around the country are targeting individuals and families enrolled and/or trying to enroll in the Affordable Care Act (ACA) coverage. ACA is the insurance program that case managers enroll client who qualify in yearly. These brokers are fraudulently changing people's insurance plans by changing their reported income. This can result in loss of adequate insurance coverage AND really severe tax consequences. It is very important that you not interact with anyone who calls, texts, or emails you about your coverage that you do not know.

- If anyone calls you to talk about insurance that is not your case manager or someone known to you, disconnect the call. Do not respond to them at all. We recommend letting all unknown calls go to your voicemail and calling back those that you need to speak with.
- Do not respond to any text messages asking about insurance coverage that come from someone you do not know.
- Do not click on any links asking you about insurance, even if they offer gift cards, money, or additional coverage. These are scams fraudulent brokers use to get your information.
- If you become a victim of one of these fraudulent brokers, there are steps you will need to take to correct the situation. You will need to work with your case manager to complete these. Contacting your case manager as soon as you are aware is imperative to ensure continued coverage with the correct plans and income range.



We are heartbroken to announce that our former CFAO Robert Adams-Ghee recently passed away from a sudden illness. He was most recently working as the CFO of Soles4Souls.

Robert was a much beloved member of the CARES family and he will be missed by many.

# DID YOU KNOW

## Tennessee Ranks 2nd In Overdose Death Rate In The Country

The latest statistics from the Centers for Disease Control and Prevention show Davidson County, Tennessee, ranks No. 2 overall for overdose death rate in the country, and Memphis ranks 8th. Two counties in the Top 10 have health officials looking for answers.

The latest annual overdose report from the CDC says there were about 57 overdose-related deaths per 100,000 people in Tennessee in 2021. This ranks second-most in the country, following only West Virginia, which had about 91 deaths per 1,000 people. More than 3,800 people died from overdoses in Tennessee in 2021. 75% had fentanyl in their system. Currently, Tennessee has over 25 different types of fentanyl on the streets. Fentanyl is a synthetic opioid that is up to 50 times stronger than heroin and 100 times stronger than morphine. A new bill, SB2050, would require the Tennessee Department of Health to report the number of people in the state who have died from accidental fentanyl poisoning over the past decade, requiring more transparency. Also, this bill will require the Department of Health to report to state health committees what they're doing to address the problem.

The Nashville CARES DART Program is doing its part to ensure that those suffering from substance abuse disorder have access to Harm Reduction Supplies that could prevent them from overdosing due to Fentanyl poisoning, including Fentanyl test strips, Narcan, and Kloxxado overdose reversal medication.

If you have questions about the DART Program or would like to speak to a Harm Reduction Specialist, call (615) 761-4474.

### DART PROGRAM



#### HARM REDUCTION AND SSP SUPPLIES

##### Services Provided

- Exclusive Membership
- Recruitment Incentives
- Ambassador Opportunities
- Gift-Card Incentives
- Safer Injection Supplies
- Free Overdose Reversal Medication
- Free HIV/Hep C Testing
- PrEP Referrals/Medication
- PEP Referrals/Medication
- DoxyPEP Referrals

**Service Hours**  
10:00 AM - 2:00 PM

##### Locations

**Tuesday**  
189 Anthes Drive, Nashville, TN 37210  
**Wednesday**  
633 Thompson Lane, Nashville, TN 37204  
**Thursday**  
442 Metroplex Drive, Nashville, TN 37211  
**Friday**  
403 Gallatin Pike, Madison, TN 37115

**24-Hour Hotline (615) 761-4474**



Many counterfeit pills are made to look like prescription opioids such as oxycodone, hydrocodone, alprazolam, or even stimulants like amphetamines.

In one study, a DEA testing lab found that 6 out of every ten pills with fentanyl contained a potentially lethal dose.



# THE HEARTBEAT

## Condom Delivery

If you are in need of condoms and/or lube, please call Lisa at **615-761-4474** or email her at **lbinkley@nashvillecares.org** to make arrangements.



We offer counseling services regardless of HIV status.

TALK TO US AT  
[NASHVILLECARES.ORG](http://NASHVILLECARES.ORG)  
or 1-800-845-4266

## AGENCY CLOSED

ALL STAFF MEETING  
April 26, 2024 - Closing at 11:30AM

DINING OUT FOR LIFE  
MAY 8, 2024

MEMORIAL DAY  
May 27, 2023

ALL STAFF MEETING  
June 13, 2024 | Closed until 2:00PM

JUNETEENTH  
June 19, 2024

POST PRIDE FESTIVAL  
Monday, June 24, 2024  
Closed: Clinic & Prevention Only

### Title VI Notice

- All CARES services are offered to you without discrimination based on age, race, gender, gender identity, ethnic background, religion, disability, or sexual orientation.
- As a client, you will have open access to all of the Client Services: HEARTLine, Case Management, Behavioral Health, Peer and Practical Support Services. .
- As a client, CARES encourages you to take an active role in the decisions concerning your care and the services you receive.
- All information concerning you, your HIV status, and the services you receive at CARES are kept private and confidential.
- If you have concerns about the services or the way you have been treated at CARES, there is a formal grievance procedure for you to use or contact TN HRC directly at (800) 251-3589 or 312 Rosa L Parks Ave, 23rd floor Nashville, Tennessee 37243 or email at [ask.thrc@tn.gov](mailto:ask.thrc@tn.gov).



# THE HEARTBEAT

## Group Activities

See the calendar on last page for times and dates or all activities.

### M.A.L.E.S. – Men Advocating Life Education Support



Every Monday that Nashville CARES is open, we will have a Men's Group. The only requirements to attend are to be HIV + and identify as male. Dinner will be provided. We discuss issues of HIV and anything that is going on in the lives of the attendees. We are lovers, fathers, sons, husbands, co-workers, friends, etc. We talk about all those relationships, our lives, politics, social media, love, etc. Come out and enjoy a meal. Have a good talk. Meet some new guys. Without you, there is no group! Weekly virtual meetings on Mondays from 5-6PM. Contact Lamont at 615-906-2706 if interested.

### Express Yourself: Opening Pandora's Box (For those who identify as Male Only)



Express Yourself is a welcoming and open vibe session for men of all walks of life to present individual poetry and spoken word or to simply observe the expressive nature of others. This group session serves to take a shot at the walls of toxic masculinity, as well as manifest the emotions, suppressed thoughts, and multiple views of men using the power of articulation in a supportive environment. The base topic will change with each session and the opening session will be an introduction to the experience ending with an exchange of thoughts on the works presented. Contact Darrell at HealthyU (615) 259-4866 X 233. Weekly virtual meetings on Tuesday @ 5-6PM.

### Women's Group - S.W.E.E.T.



A group designed specifically for HIV+ women with a focus on providing social support and education for women living with HIV. This group provides a safe space that affirms and celebrates who we are as women and is ideal for women looking for a way to be connected with others living with HIV but unsure of where to start. Discussions are confidential. Meal provided. Contact Temya at (615) 259- 4866 ext. 330. Virtual Meetings on the 4th Thursday of each month @1-2pm.

### P.I.R. – Peers In Research



A group designed specifically for HIV+ individuals that function as 'community researchers' and utilize their lived experience to assist other researchers in developing and designing research tools as well as collecting and analyzing data. This group will also focus on the disseminating of the findings of the research projects that they have assisted. "Nothing about us without us" Discussions are confidential. Contact Dr. Tiye (615) 428-4401. Virtual Meetings on the 5th Wednesday of each quarter @ 3-4pm

# THE HEARTBEAT



## Healthy Movement

This group is specifically designed to provide individuals living with HIV a healthy way to exercise with a qualified instructor in a studio environment. Studies have shown that exercise has positive benefits physically, mentally, and even spiritually. Let's move together! All levels of fitness are welcome. This group is held in East Nashville and prior registration is required! Spots are limited so if you are interested please leave a message and we will be in touch with more specific information. Contact Dr. Tiye (615) 428-4401.



## Spiritual Connection

This is a group designed to promote hope and healing for people living with HIV, and their family/friends. Spiritual Connection assists in preventing many physical, mental and spiritual challenges leading to non-adherence to medication, depression, issues with forgiveness, stress from stigma and many other barriers that lead to unsuccessful decision-making and negative life events. We want to accentuate the healing and empowerment of each person as well as provide tools to live successfully with HIV. This group is focused on a broad set of principles that transcends all religions. Contact Temya (615) 259-4866 ext. 330. Registration not required, but RSVP is appreciated. Please review the calendar to confirm meeting type (in person or virtual). Virtual Meetings Occurring the 2nd Friday of each month @ 1-2PM.



## Silver Strong

A group for HIV+ people aged 50 and older. A supportive forum to talk about aging and HIV. Bring your life experiences and your questions. We'll discuss health issues older adults with HIV face, learn effective ways to deal with stigma, educate family and friends, and talk about dating and relationships. Virtual Meetings occurring the 3rd Tuesday of each month. Contact Temya at (615) 259-4866 ext. 330.



## ASK-A-PHARMACIST

In partnership with various Nashville pharmacies, CARES provides opportunities each month for clients to talk with a trained pharmacist about their medications, HIV care, and other pharmacy-related topics. Virtual Meetings occurring quarterly! We also have a library of virtual information. Please contact the HealthyU Staff if interested in receiving videos to view electronically! TBA



## Peer Check-in

Every month on the 4th or 5th Friday that Nashville CARES is open, we will have Peer Check-in. The only requirements to attend are to be HIV+ We discuss issues of HIV and anything that is going on in the lives of the attendees. We are individuals usually living in many spaces with many hats. We talk about all of our relationships (share as much or as little as you want or nothing at all), our lives, politics, social media, love, etc. Come out and enjoy the fellowship and a lunch voucher (must attend for the entire session). Have a good talk. Meet some new folks. Check-in! Contact Temya at (615) 259-4866 ext. 330. In-person or Virtual meetings TBA.

# THE HEARTBEAT

## Healthy Relationships



This is a 3-session program designed to teach problem-solving and decision-making skills in order to reduce stress around disclosure. Each two-hour session uses a mixture of teaching, group discussion, and movie clips to make things fun and engaging! A meal is provided for each session and participants who complete all 3 sessions receive a valuable gift card! Contact Darrell (615) 259-4866 ext. 233 or Temya at ext 330. Registration and Assessment REQUIRED. Meetings are Virtual on Thursdays from 1-2pm or Thursdays 6-7pm once a quarter.

## E.P.I.C. (Empowering Positive Influence in Communities)



At EPIC, we strive to empower People Living With HIV (PLWH) with the tools, knowledge, and skills to become influential in their communities by being leaders, members, and mentors. In our small group atmosphere, we talk about ways we can improve and inspire change starting from the local level and building upward. Our goal is to be champion representatives of our prestigious perspective by being informed, committed, and present. At EPIC, we understand living with HIV." The only requirement is that participants must be PLWH. Meetings are 3rd Wednesdays virtually with HealthyU Staff from 12-1pm. Contact Dr. Tiye by text if interested: 615-428-4401 with your name please.

## TSU-Partnership Nutrition and Budgeting Curriculum

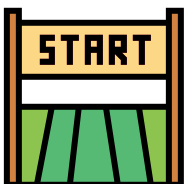


Every Monday, Nashville CARES is partnering with TSU Cooperative Education to bring you the class Shop, Cook, and Eat within your Budget. Get the most for your food budget without hurting your wallet! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars. You will get top tips to help you SHOP, COOK, and EAT within your Budget. Participants receive kitchen supplies after completing the class. Contact Evaline @ebeaird@nashvillecares.org.

## IAMSTRONG



A plan you develop to help achieve a healthier you. Your plan will provide the tools to develop a HealthyU. What are your strengths? What are your resources? Are you STRONG? Ask for HealthyU staff to get your plan started today! Be a stronger you and recognize your own strength! Virtual appointments occurring! Contact Dr. Tiye @ 615-428-4401.



## StartHere

StartHere is a 90-minute course designed to provide participants with the basics they need to know to understand and live with HIV, regardless of whether they are infected or affected. Registration REQUIRED. Family, friends, and partners are invited to share in this workshop with you. Virtual Meetings Occurring! Contact Dr. Tiye at 615-428-4401.

## S.E.T. (Support, Encourage, Trust) Group Meeting



The S.E.T. Project will improve linkage and retention to care focusing on women breaking down isolation and stigma living with HIV. The programs include biweekly calls with Peers in the network, monthly meetings to develop peer mentoring and accountability. The S.E.T. Project includes bi-monthly social engagement with women in the program to build community and sisterhood. Virtual Meetings Occurring 1st Friday of every month @ 1-2PM Contact Temya at 615-259-4866 ext. 330.

# THE HEARTBEAT



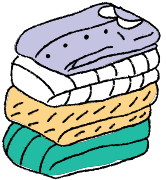
## UNDER CONSTRUCTION (A&D Group)

This group is for HIV+ individuals struggling with alcohol or drug use and provides an opportunity to learn and share recovery skills that can lead to better living. Contact Temya for more information at (615) 259-4866 x330. Virtual Meetings occurring! Please review the calendar to confirm.



## Living Well with Chronic Diseases for 50+

This course is facilitated by TSU Extension program. You will get the support you need and learn practical ways to deal with pain and fatigue. You will discover better nutrition and exercise choices, gain a better understanding of treatment options, and learn better ways to talk with your health care provider and family about health issues. TBA



## Fresh

The Healthy University staff want to take the anxiety off our clients who are housing unstable and may need a clean set of clothes. We will be offering a set of clothing for those experiencing homelessness only. Contact Tiye at (615) 259-4866 ext. 270 or your Case Manager.



## Laundry Service

The Healthy University staff want to take the concern off our clients who may have difficulty going out to laundry facilities to clean their clothes. We have partnered with a laundry service and they will pick up, wash, fold and drop off your clothes on the schedule you set with them online. Please contact your Case Manager for referrals to obtain service and a laundry bag used ONLY for this service. This service is free to you. First-come-first-serve basis. Contact your Case Manager for details or call Tiye at 615-428-4401



## Need Some Help?

The CARE Team program can match you with volunteers to assist you with projects like Grocery Shopping, Light Housework, Indoor/Outdoor Painting, Yard Work, Laundry Assistance, Move Preparation, Social Support / Visitation, Limited Transportation. Volunteer assistance can be one-time, short-term, or long-term depending on your need and volunteer availability. Contact your case manager for more information or to be referred to the program.



## Nutrition Changes

Clients must make an order with their Case Managers for one of the following:

- Client Pickup produce distribution on Tuesday-Friday from 9-430pm

OR

- Choice Pantry and 1 bag of produce on the 2nd and 4th Wednesdays from 10-2pm

Contact Hailey Everly for any questions or concerns at [heverly@nashvillecares.org](mailto:heverly@nashvillecares.org) or 615-921-0339.

# THE HEARTBEAT

## 2024 Spring Calendar

All group meetings are subject to change in accordance with COVID-19 restrictions.

### APRIL

#### MONDAYS

##### Under Construction

10-11:30am – virtual

##### TSU Cooking Classes

1-2pm - virtual

##### M.A.L.E.S.

5-6pm-virtual

#### TUESDAYS

##### Silver Strong

1-2pm on the 16th - virtual

##### E.P.I.C.

12-1pm - virtual TBA

##### Express Yourself

5-6pm - virtual

#### WEDNESDAYS

##### Choice Pantry

10th & 24th

#### THURSDAYS

##### Healthy Relationships

2:30pm - virtual

4th, 11th & 18th

##### Orangetheory Fitness

11:45am - 2:30pm on the 11th

##### S.W.E.E.T. Women's Group

1-2 pm - virtual on the 25th

#### FRIDAYS

##### All Friday Programs

are from 1-2 pm

##### S.E.T. Group

12-2pm in person on the 5th

**Spiritual Connection** on the 12th

### MAY

#### MONDAYS

##### Under Construction

10-11:30am - virtual weekly

##### TSU Cooking Classes

1-2pm - virtual

##### M.A.L.E.S.

5-6pm - virtual weekly

#### TUESDAYS

##### Silver Strong 50+

1-2pm - virtual on the 21st

##### Express Yourself

5-6pm weekly - virtual weekly

#### WEDNESDAYS

##### Choice Pantry

8th & 22nd

##### P.I.R.S.

3-4pm virtual on the 29th

#### THURSDAYS

##### Healthy Relationships

6-7pm - virtual on the 2nd, 9th & 16th

##### Orangetheory Fitness

11:45am - 2:30pm on the 9th

##### S.W.E.E.T. Women's Group

5-6pm on the 23rd

#### FRIDAYS

##### All Friday Programs

are from 1-2 pm

**S.E.T. Group** on the 3rd

**Spiritual Connection** on the 10th

**Game/Fun Friday** 1-2:30pm on the 31st

### JUNE

#### MONDAYS

##### Under Construction

10-11:30am - virtual weekly

##### TSU Cooking Classes

1-2pm - virtual

##### M.A.L.E.S.

5-6pm-virtual weekly

#### TUESDAYS

##### Silver Strong 50+

1-2pm on the 18th

##### Express Yourself

5-6pm - virtual weekly

#### WEDNESDAYS

##### Choice Pantry

12th & 26th

#### THURSDAYS

##### Healthy Relationships

1-2:30pm - virtual on the 6th, 13th & 20th

##### Orangetheory Fitness

11:45am - 2:30pm on the 13th

##### S.W.E.E.T. Women's Group

1-2pm on the 27th

#### FRIDAYS

##### All Friday Programs

are from 1-2 pm

##### S.E.T. Group

in person on the 7th

**Spiritual Connection** on the 14th

**Peer Check-in** in person on the 28th



NASHCARES



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NASHVILLE-CARES