

APRIL  
MAY  
JUNE  
2022

# THE HEARTBEAT

I support Nashville CARES and our local restaurant community during our Dining Out For Life event to help end the HIV epidemic in Middle Tennessee.

Maneet Chauhan



DINING OUT FOR LIFE  
**NASHVILLE**  
MAY 17, 2022

DINE IN. TAKE OUT.  
CHANGE LIVES.

## IN THIS ISSUE

- How to get Free Wi-Fi Service!
- Seasonal Allergy Tips
- What you need to know about Ryan White Recertification

NASHVILLE  CARES

# THE HEARTBEAT

## BEHAVIORAL HEALTH TEAM

Tidbits to support your  
mental health

Why are therapists  
always talking about  
breathing?



Our team is available for  
individual and couples  
counseling via telehealth.

Contact us to learn more  
about how we can  
support you!  
615-921-0284

*Try it!*

Mindful breathing, or slow breathing, has shown to help with emotion regulation & overall mental health.

Here is a mindful breathing exercise from Megan, our graduate intern.

1. Begin seated with your feet firmly planted on the floor. You can rest your hands on your lap or wherever is comfortable. If you feel safe, close your eyes.
2. Take a moment to notice how your body feels seated in your chair.
3. When you are ready, inhale deeply. As you exhale blow as if you were trying to separate two sheets of paper that are stuck together.
4. As you are exhaling, gently turn your head toward your right shoulder.
5. As you inhale again, turn your head back to the center of your body.
6. As you exhale this time, gently turn your head toward your left shoulder, coming back to center again as you inhale.
7. If you sense that you could use some healing self-touch with this exercise, you can place your hand on the shoulder you are turning towards during your exhale.
  - For example, while your head is turning to the right shoulder, place your left arm on your right shoulder.



# THE HEARTBEAT

## NUTRITION

- Our Choice Pantry dates for the following months:
  - April 13th & 27th
  - May 11th & 25th
  - June 8th & 22nd
- Regular food bags (produce bag, dried goods bag, greens & eggs) are available for pick up Tuesday through Friday every week.
- If you are interested in getting your food bags delivered, please reach out to your case manager to coordinate a delivery.

### HOW TO GET YOUR MONTHLY FOOD BAGS:

- 1.) If you are looking to coordinate a delivery of food bags to your house, call your case manager to coordinate.
- 2.) If you would like to come to the office to pick up your food bags you can now coordinate this yourself through this website: **Nutrition Pick-Up ([office365.com](http://office365.com))**
  - You will enter your name, your phone number, and write what you would like to pick up in the notes section (for example: "I would like to pick up food bags & a 31 day bus pass")
  - Your services will be ready for you on the day you choose to pick up
  - You will receive an automated text message & email reminder





## RYAN WHITE CERTIFICATION IS YOUR RESPONSIBILITY

Every six months, all clients must recertify with the Ryan White program, RW, to verify that you are still eligible for services. The RW program pays for nutrition, transportation, case management, Insurance Assistance Program, and other programs that help keep our clients connected to care. Clients must be eligible to receive services. To remain eligible for RW, clients must provide proof of current residency and income every six months. This means that clients need to ensure that every six months they meet with their case manager for Ryan White recertification. Case managers will try to remind clients of this and schedule the appointments prior to be disenrolled from RW. However, it is the responsibility of the client to ensure they remain certified for the RW Program.



### Here are some tips on staying recertified and things to remember about certification:

- Every 6 months, clients must meet with their case manager to re-certify for the RW program
- Clients can recertify 90 days prior to the due date. (For example, if you are due for a recertification on April 1st, you have from January 1 – March 31st to recertify. On April 1, if you have not been recertified, you will be disenrolled from the program)
- When you have your recertification appointment with your case manager, set an appointment with them for your next recertification. If you need to change it later, that is fine. At least it will be on your calendar as a reminder. (You could also set an alarm on your phone within the recertification period 90 days prior to your next appointment to schedule your next RW appointment).
- If you move, have a change in employment or income, get married, have a baby, or any other life changes that may affect your certification, inform your case manager immediately. You don't have to wait until your recertification appointment to let them know about the change.
- **CHANGE FROM PREVIOUS YEARS:** If the Insurance Assistance Program is paying your insurance premium, with every recertification, you must provide your most current monthly insurance payment. This is needed to make sure that IAP is paying the correct premium. You should receive your invoice monthly from Cigna. If you are not, contact Cigna at the phone number on your insurance card.

If you get disenrolled from RW, don't panic! Case managers will be able to get you recertified in the program. However, while you are disenrolled, all medical and prescription costs incurred while you are disenrolled will be your responsibility to pay. The IAP and RW cannot pay for any co-pays or premiums while a client is disenrolled. If you are disenrolled, contact your case manager immediately to be recertified. If you incurred medical expenses that you can't afford during that time, let your case manager know so that together, you can plan to take care of the expense.



## DID YOU KNOW

PEOPLE LIVING WITH HIV ARE MORE LIKELY TO HAVE ALLERGIES?

### **Crazy, right?! But it's true.**

And we are here to tell you how to deal with those pesky allergies during the summer months.

But first, what is the connection between HIV and allergies? People living with HIV infection are known to have high levels of allergic antibody (IgE), especially as the CD4 count drops. These high IgE levels don't necessarily make allergies worse, but they are a sign of worsening immunodeficiency.

What does that all mean exactly? Basically, if you're living with HIV, you might experience more allergic symptoms because of it, like runny nose, watery eyes, and more. Here are some common allergies and allergy-related problems people living with HIV might experience.

### **Asthma**

Ugh. Asthma. Did you know Asthma, allergies and eczema are related to each other? Studies have shown that men living with HIV have high rates of wheezing compared to men who aren't living with HIV. Children who are living with HIV and taking HIV medications have also shown an increase in asthma compared to children who aren't living with HIV.

### **Sinus Allergies**

Ever notice that you sneeze a lot? That's because people living with HIV show very high rates of nasal symptoms. Studies actually show that 60% of people living with HIV have nasal allergy symptoms of some sort.

### **How can I deal with annoying allergies?**

We know, allergies are super annoying to deal with, especially when all you want to do is bask in the hot summer sun by the pool with your besties. Sneezing and runny noses are the last

things you want to deal with. Here are some tips on how to nip those allergies in the bud right away:

1. Determine what the allergy-like symptoms actually are. It is common for allergies to develop or go away as you age, so you might experience a new allergy any time. However, with COVID-19 still lingering around, make sure to pay attention to all of your symptoms to determine if it's maybe a cold or virus, first and foremost. Call and talk to a medical professional if you're not sure.
2. Take some symptom relief meds. Sometimes over-the-counter antihistamines and/or decongestants will do the trick. Take something that can relieve you from that stuffy nose, sniffles and itching.
3. Try some saltwater. That's right, good ol' saltwater. If you aren't a fan of taking allergy meds, try a saline nasal rinse to help clear your nasal passages.
4. If you know you are allergic to things like pollen, grass or ragweed, workout inside and close those windows when those allergens are in season! Who doesn't love going for a jog in the warm weather, but limiting your outdoor activities at certain allergy flare-up times will help relieve some of those allergy symptoms.
5. Take care of yourself! Sometimes allergies can really take a toll on your body, so take them seriously. If you feel totally lousy, listen to your body and rest. Go to bed early or take a sick day to just sleep. Like anything else, overdoing it while you feel awful will only make you feel worse.

Allergies and HIV: What's the connection?! - Positive Peers. (2022). Retrieved 20 March 2022, from <https://positivepeers.org/the-plus-side/blog/allergies-and-hiv-whats-the-connection/>



# THE HEARTBEAT



DINING OUT FOR LIFE

**NASHVILLE**

**MAY 17, 2022**

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

**JOIN NASHVILLECARES AT**



**NASHVILLE  
PRIDE**

**Bicentennial Capitol Mall State Park**

**JUNE 25&26**

**2022**

# THE HEARTBEAT



## THE NASHVILLE CARES CLINIC

Since the Nashville CARES Clinic opened, we have provided care for hundreds of patients, including many of our beloved Nashville CARES clients. In addition to HIV treatment and for those on Ryan White and most private insurances, the Clinic also provides PrEP/PEP services as well as primary and sexual healthcare for those with private insurance. We look forward to continuing to provide excellent care to even more patients in 2022.

If at anytime you receive a bill related to a visit or lab done at a visit to the Clinic, please contact the clinic or your case manager and we will work to get the issue resolved. It is important that Ryan White certification is up-to-date at the time of your visit.



**Call our HIV/HEP-C  
24 Hour Testing  
HOTLINE  
615-761-4474**

## The Clinic Hours

Weekday Hours: Mon-Fri, 8:30am-5:30pm  
w/last appointment at 4:30 pm. Weekend  
Hours: 2nd Saturday, 9:00am - 1:00pm  
Last appointment at 12:30pm

442 Metroplex Drive, Bldg D, Suite 200  
Nashville, TN 37211  
(615) 499-7406



**Your Clinic Team: Crystal | Kim | Alexis**



# THE HEARTBEAT

## EMPLOYMENT ASSISTANCE PROGRAM

Nashville CARES has an Employment Assistance Program for clients. Clients have requested resources to help with finding, maintaining, and advancing employment opportunities and assistance. In response, we have developed the employment program to help clients find and keep employment. Below are specifics on the program:

•The program is for clients who are unemployed, looking for new employment, or seeking support to maintain or advance in their current employment

- Provides resume writing or updating support
- Connection to hiring partners in the community
- Assistance with navigating, re-skilling, or training for employment
- Assistance with development of a future career planning
- Assistance with development of professional acumen and other skills needed for maintaining employment

If you are interested in the employment program, talk with your case manager about a referral.



## FREE WI-FI SERVICE

Over the past two years of the COVID pandemic, we have truly learned the need for the internet to stay connected. For those without internet service, connecting to social and medical services became very difficult. To help our clients stay attached with these needed services, CARES has a free Wi-Fi program.

Clients are eligible for up to 10 months of free service through Comcast. The first 2 months are free from Comcast. The next 8 months can be paid by CARES as long as clients stay in touch with case management. After that, the client will be responsible for the \$9.95 a month fee. Clients can cancel or unsubscribe from the program at any time.

### **To qualify, clients must:**

- Be current with the Ryan White program
- Be connected to case management services through Nashville CARES
- Have engaged with Nashville CARES or My House services within the past 30 days (Case management, HealthyU, Behavior Health, medical care, etc.)

This program is open to clients who are current Comcast customers and any clients who do not have internet or service with another provider.



## HIV ADVOCACY ON THE HILL

Over the last year, the movement to modernize Tennessee's current HIV laws has been making huge strides. We are now in the midst of Tennessee's 112th General Assembly, and are working on a bill that seeks to make changes to the current HIV laws to reflect modern medicine and science. HB 1214/SB 1165 is sponsored by Rep. Bob Ramsey and Sen. Becky Massey, and aims to lower the penalties for criminal exposure to HIV.

To support people living with HIV and bring education and awareness to our legislature, the Tennessee AIDS Advocacy Network held an in-person Legislative Day on the Hill in February. Clients of CARES and advocates joined together to meet with members of the House of Representatives and the Senate to provide much needed education about HIV, the HIV+ community, and why the current law needs to change. Sharing personal stories and experiences was a huge part of connecting with lawmakers and getting them to understand that HIV is not a crime. The group did an awesome job of advocating on behalf of the community.

The current law states that if a person living with HIV knowingly exposes another individual they are subject to a penalty of a Class C felony, and includes the requirement that the offender be listed on the sex offender registry for a violent sexual offense. The current law does not require actual transmission of HIV, nor does it draw distinction between intentional harm, consensual relationships, or protective measures that may have been taken to prevent transmission.



If passed, HB1214/SB1165 would lower the penalty to a Class A misdemeanor. The bill also eliminates the requirement that those charged be listed on the sex offender registry, and includes a process for individuals who have been previously convicted to apply for removal from the list as well. The language of the bill also clarifies that an individual does not act with intent to transmit if they have taken measures to reduce the risk of transmission. It also defines those actions as medical treatments, medications or prophylactics that have a scientific record of preventing or reducing transmission rates.

This bill is needed to make a change in Tennessee. Medical advancements have made it possible to live a long, healthy life with HIV. The current law is outdated and overly punitive. It has only aided in stigmatizing people living with HIV by decreasing willingness to get tested and know one's status. It leaves the threat of a felony hanging over the heads of individuals who just want to live their lives. The current law does not consider intent of the accused, whether transmission actually took place, or the impacts to the people prosecuted.

HB1214/SB1165 has been put on notice in the House Criminal Justice subcommittee as the first step in the process to get this bill passed. The subcommittee meets on Wednesdays at 9 a.m. If you're interested, you can watch the committee meetings at <https://wapp.capitol.tn.gov/apps/schedule/default.aspx?type=house>.

If you would like to be involved with future advocacy work and/or reach out to legislators about this issue, you can email our Advocacy Coordinator, Maddie Langub at [mlangub@nashvillecares.org](mailto:mlangub@nashvillecares.org) or find a list of legislators at <https://www.capitol.tn.gov/legislators>.

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## HIV ADVOCACY ON THE HILL

... continued

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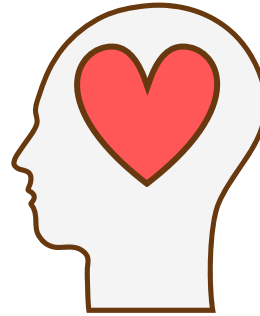


# THE HEARTBEAT



## 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 1-615-829-4849

## CARES CLOSINGS THIS SPRING SEASON

Below are the days that CARES will be closed this Winter season. Though it's rare, if there is inclement weather (snow, tornados, floods, etc.) please call the HEARTLine to confirm your appointment.

Memorial Day ~ May 30

Juneteeth ~ June 20

### 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, Therapeutic and Practical Support.
- 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 calendar on last page for times and dates or all activities.



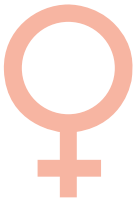
### M.A.L.E.S. – Men Advocating Life Education Support

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 of 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.**



### 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 Tuesday of each month @ 1-2PM.**



# THE HEARTBEAT



## 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 4th 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! 615-259-4866 ext. 270.

## Peer Check-in




Every month on the 1st Friday(Except January) 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 or **Darrell** x233. **Virtual Session on the 4th or 5th Friday of the month!**

## Healthy Relationships



This is a 5-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 5 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 Thursday @ 1-2pm or every other month on Thursday from 6-7pm.**

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



At EPIC, we strive to empower People Living With HIV 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 Bi-Weekly meeting virtually with **Shawn Mark** on **Tuesday's at 12 Noon.** Contact **Shawn** at 629-401-8331.

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## 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. Contact **Temya** at (615) 259-4866 ext. 330. Participants receive kitchen supplies after completing the class. A meal voucher may be offered. **Virtual Meeting started March 21, 2022.**



## 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!**



## 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 **Shawn** at 629-401-8331.



## 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 Dr. Tiye at 615-428-4401.**



## 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.**



# THE HEARTBEAT



## 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. **Contact Temya at (615) 259-4866 ext. 330 TBA**



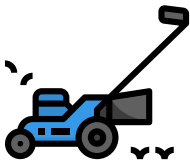
## Shower Service

The Healthy University staff want to take the anxiety off our clients who are housing unstable and may not have a safe place to take a shower. We have partnered with Shower the People and will be offering clothing. Stay Tuned for locations TBA. 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 because of COVID-19 restrictions. 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 615-259-4866 ext.270



## 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.



## Virtual Direct Client Care with a Volunteer

You can be matched with a volunteer who will video chat or phone call with you to check in on a consistent basis and just chat. Ask your **case manager** if you want to be matched with a virtual volunteer for video chat/phone call sessions.



## Nutrition Changes

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

- Client Pickup produce distribution on Tuesday-Thursday from 9-3pm

OR

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

**Contact Marie Holzer for any questions or concerns at [mholzer@nashvillecares.org](mailto:mholzer@nashvillecares.org) or 615-259-4866 X291.**

# THE HEARTBEAT

## 2022 SPRING CALENDAR

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

### APRIL

#### MONDAYS

Under Construction

10-11:30am - virtual

TSU-Healthy Cents Class

1-2 pm virtual

M.A.L.E.S. 5-6pm-virtual

#### TUESDAYS

Silver Strong

11-12:00pm on the 26th - virtual

E.P.I.C.

12-1pm - virtual bi-weekly

Express Yourself

5-6pm - virtual

#### WEDNESDAYS

Choice Pantry 13th & 27th

#### THURSDAYS

Healthy Relationships

1-2:30pm - virtual OR

6-7:00pm virtual

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

1-2 pm on the 28th - virtual

#### FRIDAYS

All Friday programs

are from 1-2 pm

S.E.T. Groups 1-2pm on the 1st

Spiritual Connection on the 8th

Game/Fun Day on the 29th

### MAY

#### MONDAYS

Under Construction

10-11:30am - virtual

TSU-Healthy Cents Class

1-2:00pm virtual

M.A.L.E.S. 5-6pm-virtual

#### TUESDAYS

Silver Strong

11-12pm on the 24th - virtual

E.P.I.C.

12-1pm - virtual bi-weekly

Express Yourself

5-6pm - virtual

#### WEDNESDAYS

Choice Pantry 11th & 25th

#### THURSDAYS

Healthy Relationships

1-2:30pm - virtual OR

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

1-2 pm on the 24th - virtual

#### FRIDAYS

All Friday programs

are from 1-2 pm

S.E.T. Group on the 6th

Spiritual Connection on the 11th

Game/Fun Day on the 27th

### JUNE

#### MONDAYS

Under Construction

10-11:30am - virtual

TSU-TBA Class

1-2:00pm virtual

M.A.L.E.S. 5-6pm-virtual

#### TUESDAYS

Silver Strong

11-12 pm on the 21st - virtual or in person

E.P.I.C.

12-1pm - virtual bi-weekly

Express Yourself

5-6pm - virtual

#### WEDNESDAYS

Choice Pantry 8th & 22nd

#### THURSDAYS

Healthy Relationships

1-2:30pm - virtual

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

1-2 pm on the 23rd - virtual or in person

#### FRIDAYS

All Friday programs

are from 1-2 pm

S.E.T. Groups on the 3rd

Spiritual Connection on the 11th

Peer Check-in on the 25th



NASHCARES



@NASHVILLECARES



@NASHVILLECARES



NASHVILLE-CARES