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# HEART *Beat*

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NASHVILLE  CARES



# THE HEARTBEAT

## From the Behavioral Health Team

Do your goals for 2023 include: improving your mental health, coping with stress in a healthier way, learning more about yourself, or improving 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.

### Building Good Habits

Have you ever tried to change a habit? If so, you'll likely agree that it is hard! James Clear's book *Atomic Habits* highlights how simple 1% improvements compound and gradually move us towards the habits we are trying to build.

Here are some things to reflect on as you think about new habits:

- I'm the type of person who: (desired identity)
- The habit I'll be focusing on is: (habit that reinforces desired identity)
- The two minute version of my habit is:

#### Implementation Intention:

I will (behavior) \_\_\_\_\_

at (time) \_\_\_\_\_

in (location) \_\_\_\_\_



# THE HEARTBEAT

## Case Management Corner

### Client Services Reminder for the New Year

Welcome to 2023. As we start a fresh new year, client services would like to give a couple of reminders and things to keep in mind.

- Have you had any life changes? Gain or loss of income? New phone number? Moved to a new residence? Gotten 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 in you in reaching all of your life's milestones and goals.
- Stay current with your Ryan White certifications. Every six months, clients need to meet with their case manager to for an assessment. During these meetings, clients can work with their case manger to ensure that they are current with Ryan White.
- We continue to provide transportation to all medical appointments for people who aren't offered transportation services already. Medical appointments include dentist, vision, behavior/mental health, physical therapy, and other medical appointment that you may have.
- Work with your case manager to request medical transportation. The request must be turned in by your case manager 48 hours or 2 working days prior to the time of the appointment.
- Did you know clients can book your own time to pick up nutrition services? You can log into the bookings system and schedule a time to come pick-up your nutrition for the month. (Clients are still able to arrange nutrition through their case manager.) Nutrition Pick-Up ([office365.com](https://office365.com)) [<https://outlook.office365.com/owa/calendar/NutritionPickUp@nashvillecares.org/bookings>]. If you have any questions or are having issues with the site, contact your case manager.
- If you receive income from the Veteran's Administration, VA, Supplemental Security Income, SSI, and/or Social Security Disability Income, SSDI, your case manager needs your 2023 award letter. Please contact your case manager to provide them with the needed documentation.
- 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.



## Saying Goodbye To One of Our Own

It is with great sadness that we share with you that Kevin Bloodworth passed away on October 30th. Kevin was a cherished member of the Nashville CARES staff for over 6 years. He was well-known for his smile that could light up a room, and his loving, kind and generous spirit. Kevin will be missed greatly by his CARES family.



# THE HEARTBEAT



## TRIPLEDEMIC

### **Surges in flu, RSV, and COVID threaten the holidays.**

This year's holiday season is right amid an unwelcome "tripledeemic" of COVID-19, influenza, and respiratory syncytial virus (RSV) that have helped strain hospitals nationwide. Though COVID cases are much lower than last winter, case counts are ticking nationwide, and nearly 3,000 Americans die each week. Meanwhile, respiratory viruses like the flu and RSV have surged this fall. More than 77% of hospital beds nationwide are occupied, down slightly from nearly 80% earlier this month, according to data from the Department of Health and Human Services – the highest levels seen since last winter's omicron surge. As we approach the holiday season, public health experts have weighed in on how Americans can stay healthy by taking appropriate safety measures to protect themselves, especially those who are most likely to face severe disease – including older people and the immunocompromised. "Everyone is obviously ready to do as much as they can that they have done in normal holiday periods, especially as many of us have given it up for a couple of years," said Dr. Henry Wu, an epidemiologist and travel doctor at Emory University. Dr. Wu goes on to say, "We're entering a new normal where we have to navigate how best to do what we want to do."

### **Think about your holiday plans and dial in your safety measures accordingly.**

Dr. Wu advises those traveling or socializing over the holiday should decide which events are the highest priority. Whom do you want to see? Then, do a risk assessment. Think about how much you're willing to risk getting sick – and the same for the people you plan to see.

### **Get the flu shot and a COVID booster if you haven't already.**

All public health experts agree that the easiest way to reduce the risk to you and others around you is: Get your shots! The bivalent COVID-19 booster shots by Pfizer and Moderna are available to almost all Americans, including most children. Flu shots, too, are important. The CDC estimates that at least 13 million Americans have already been infected with the flu this season, and over 100,000 hospitalized – a caseload much larger than last winter. Most importantly, if you are feeling unwell, and are having symptoms, just stay home.

Sullivan, B. (2022) Tips to keep you and your family safe from the tripledeemic during the Holidays, NPR. NPR. Available at: <https://www.npr.org/sections/health-hots/2022/12/14/1142651228/stay-safe-holidays-covid-flu-rsv-tripledeemic> (Accessed: December 18, 2022).



# THE HEARTBEAT

## WELCOME NASHVILLE CARES'S MOBILE MEDICAL MANAGER



Nashville CARES is pleased to announce that Jim Roberts will join the Prevention Team as the Mobile Medical Unit Manager. Jim has been with Nashville CARES since 2006 and has worn many hats during his time with the agency. Jim started at CARES volunteering in the HEARTLine and quickly moved to a full-time position as a Client Services Liason. In 2012, Jim accepted the position of Safety First Specialist, where he provided HIV/HCV testing and education to individuals seeking treatment for substance abuse. In 2018, Jim was promoted to the HEARTLine Coordinator, where he coordinated HEARTLine services and the client's care plan. Before accepting the Mobile Medical Unit Manager position, Jim ensured CARES clients benefited from transportation services as the Transportation Services Manager.

Recently Jim traveled to Phoenix, Arizona, where he played an intricate part in bringing the mobile medical unit to its new home at Nashville CARES. Look for Jim, other members of the Prevention Team and clinic staff as they are out and about in the community providing much-needed Curbside Community Healthcare!

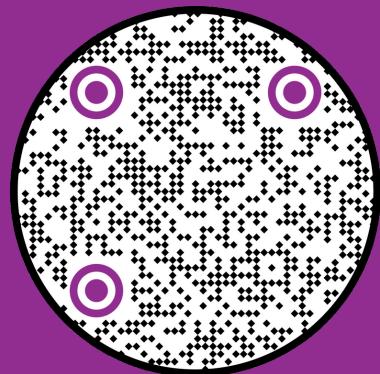


YOU  
NARCAN  
SAVES  
LIVES

NARCAN is a prescription medicine designed to reverse the effects of an opioid overdose. If you or someone in your family struggles with opioid misuse or use different than prescribed, contact Nashville CARES Hotline at (615) 761-4474 to discuss free NARCAN services.

## TESTSTICKS & CHILL

Free In-Home HIV Test Kits are available for pickup, delivery, or to be shipped. Scan the QRC code below with any mobile or tablet to complete your online Nashville CARES test form.



If you have questions, the Nashville CARES Hotline at (615) 761-4474.



# THE HEARTBEAT

## Nutrition

You have the choice between regular food bags (pre-packaged produce, dried goods, greens & eggs) OR Choice Pantry (choosing the contents of your food bags) once a month:

### CHOICE PANTRY DATES

January 11th  
January 25th  
February 8th  
February 22nd  
March 8th  
March 22nd



**How to Sign up for Choice Pantry:** reach out to your case manager to schedule a delivery or sign up through Bookings (only on either the 2nd or 4th Wednesday of each month) to pick up at the 633 Thompson Lane office. We will be offering produce from a local farm, Bells Bend Neighborhood Farm which you can get when you come to Choice Pantry

**How to Sign up for Regular Food Bags:** reach out to your case manager to schedule a delivery or sign up any Tuesday through Friday through Bookings to pick up at the 633 Thompson Lane office.

BOOK NOW



Book your Choice Pantry appt or Food Bag now!

[<https://tinyurl.com/4wv4eur4>]



We are now offering delivery services through Door Dash. You must live within a 10 mile radius of the office. Reach out to your case manager or the Heart Line to get connected to this service.

## Garden Update



If you are interested in participating in the Nashville CARES garden in 2023, please contact Marie Holzer @ [mholzer@nashvillecares.org](mailto:mholzer@nashvillecares.org) or at 615-840-3213. We are looking for clients who would like to get engaged in the growing space on a weekly or biweekly basis. You will be able to receive fresh produce straight from the garden and help other clients get connected to this produce as well. Some activities to look forward to include:

- Creating starters for the spring, summer & fall
- Learning about soil health & composting
- Planting and harvesting
- Weeding
- Creating recipes from the produce we harvest
- Weed suppression
- Organic pest control



# THE HEARTBEAT

## Join Us at My House

### Intimacy Group Dates (virtual)

RSVP w/Ronellis: [rtunstill@nashvillecares.org](mailto:rtunstill@nashvillecares.org)

- No January group
- 6:30 PM on Tue, 2/7/23
- 6:10 PM on Tue, 3/14/23



### Mpowerment Group/Activity Dates (in-person at My House):

RSVP w/John: [jpointer@nashvillecares.org](mailto:jpointer@nashvillecares.org)

- 7 PM on Fri, 1/20/23
- 7 PM on Fri, 2/17/23
- 7 PM on Fri, 3/17/23

### Volunteer/Core & CAB Group Meeting Dates (virtual & in-person) RSVP w/Dwayne:

[djenkins@nashvillecares.org](mailto:djenkins@nashvillecares.org)

- Presentation during ADODI Southern Region Winter Retreat: 1/12-15/23, Presentation Date TBD
- 7 PM on Tue, 1/24/23
- 7 PM on Tue, 2/21/23
- 7 PM on Tue, 3/14/23

## Our Clinic

The Nashville CARES Clinic celebrates continuing to deliver compassionate and affirming health care for folks in our community throughout 2022. This included HIV prevention through PrEP (Pre-Exposure Prophylaxis), HIV treatment, and the expansion of our Gender Affirming Health Care services.

Not only did we provide PrEP in our clinic, we were able to (NEW this year) provide community-based PrEP NoW (immediate same day PrEP start with a negative test) at several events, including Nashville Pride and Murfreesboro Pride and World AIDS day events. Bringing PrEP out to the people will be expanded during 2023 with the addition of our Mobile Medical Unit.

With regards to HIV treatment, we were able to offer newly diagnosed patients resources and treatment on the same day as they tested positive for HIV (immediate same day treatment start with a positive test).

As our Transgender and Nonbinary community members saw their healthcare options threatened throughout 2022, the Clinic actually grew our gender-affirming health care services and is proud to continue the expansion of those services into the new year.

Kristin M. Rager, MD, MPH, FAAP, FSAHM

Pronouns: she, her, hers

Medical Director, Nashville CARES





# THE HEARTBEAT

## ARE YOU RECEIVING SERVICES AT NASHVILLE CARES?

If so, you may be eligible for a research study. We want to hear about your experience receiving care at Nashville CARES. The QR code below leads to a survey designed to ask about your life experiences and how well prepared you think the agency is to support you emotionally. As some questions may be sensitive to think about, please be sure you are in a comfortable space when you participate. **You may only take the survey once.**

### What is Involved?

- Scan the QR Code
- Fill out the quick pre survey
- You will receive a unique link via email with the full survey
- Completing the survey will take 30-45 minutes and can be done independently
- You will be asked about your care with the agency, your own life experiences and how they may have impacted you, and your strengths
- Once complete, you will get a list of resources and a \$25 gift card (*may take two weeks*)

If you want to participate in this study, scan this QR code to complete a quick eligibility screening ↓



If you have any questions about the survey, call or email Jamie Regan: 615-995-4559 — [jregan@mmc.edu](mailto:jregan@mmc.edu)

Meharry Medical College IRB: 22-05-1199

**All of Us**  
RESEARCH PROGRAM

Medical research  
hasn't always seen you.  
*We're changing that.*

A photograph of two women standing outdoors in front of a wooden fence. The woman on the left is wearing a dark jacket over a blue shirt, and the woman on the right is wearing a black top and sunglasses. They are both smiling.

Learn more at  
[joinallofus.org/fiftyforward](https://joinallofus.org/fiftyforward)  
615-743-3431

**Fifty Forward**  
Love life again.

We're all different. And it's those differences that may help researchers find better ways to treat and tailor care for all of us. Help change the future of health by joining the @AllofUsResearch Program. You can sign up at [JoinAllofUs.org/fiftyforward](https://JoinAllofUs.org/fiftyforward).

#JoinAllofUs



# 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

## CARES' CLOSINGS THIS WINTER SEASON

Below are the days that CARES will be closed this Winter season.

New Year's Day [observed] - January 2, 2023  
CARES Staff Event - Close at 2:30 PM on January 6, 2023  
Martin Luther King Jr Day - January 16, 2023  
President's Day - February 20, 2023

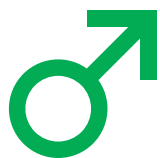
### Title VI Notice

- 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 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 Friday 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 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! 615-259-4866 ext. 270. 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

## 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 6-7 once a quarter.**

## 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 **2nd and 4th Tuesdays virtually with Shawn Mark at 12 Noon.** Contact **Shawn** at 629-401-8331.

# THE HEARTBEAT



## 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 Shawn at 629-401-8331 or (615) 259-4866 x233.** Participants receive kitchen supplies after completing the class. Virtual Meeting will begin January 2023.



## 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.**



## 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.

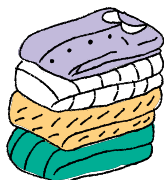


# THE HEARTBEAT



## 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**



## 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 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

## 2023 Winter Calendar

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

### JANUARY

#### MONDAYS

**Under Construction**

10-11:30am - virtual

**TSU Cooking Classes**

1-2pm - virtual

**M.A.L.E.S.**

5-6pm-virtual

#### TUESDAYS

**Silver Strong**

11-12:00pm on the 17th - virtual

**E.P.I.C.**

12-1pm - virtual 11th & 25th

**Express Yourself**

5-6pm - virtual

#### WEDNESDAYS

**Choice Pantry**

11th & 25th

#### THURSDAYS

**Healthy Relationships**

2:30pm - virtual

5th, 12th & 19th

**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** on the 6th

**Spiritual Connection** on the 13th

**Game/Fun Day** on the 27th

### FEBRUARY

#### 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**

11-12pm on the 21st - virtual

**E.P.I.C.**

12-1pm on the 14th & 28th - virtual

**Express Yourself**

5-6pm - virtual weekly

#### WEDNESDAYS

**Choice Pantry** 8th & 22nd

#### THURSDAYS

**Healthy Relationships**

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

**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

**Fun Friday** 1-2:30pm on the 24th

### MARCH

#### MONDAYS

**Under Construction**

10-11:30am - virtual weekly

**M.A.L.E.S.**

5-6pm-virtual weekly

#### TUESDAYS

**Silver Strong 50+**

11-12pm on the 21st - virtual

**E.P.I.C.**

12-1pm on the 14th & 28th - virtual

**Express Yourself**

5-6pm weekly - virtual

#### WEDNESDAYS

**Choice Pantry** 8th & 22nd

#### THURSDAYS

**Healthy Relationships**

1-2:30pm on the 2nd, 9th & 16th - virtual

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

1-2pm on the 23rd

#### FRIDAYS

**All Friday programs**

are from 1-2 pm

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

**Spiritual Connection** on the 10th

**Peer Check-in** on the 31st



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