



JULY SPECIAL EDITION

HEART *Beat*

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THE HEARTBEAT



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:

- 7/12: 10:00am - 2:00pm
- 7/19: 10:00am - 2:00pm

PRODUCE PICK UP:

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

Talk to your Case Manager or call the HEARTLine to
get connected to these opportunities

WHERE:

442 Metroplex Drive
Building D, Suite 200
Nashville TN 37211

Food is located on the first
floor in the Mpowerment
Space, follow signs to arrive
to correct door

THE HEARTBEAT

Empowerment Program

Nashville CARES would like to announce the EMPOWERMENT Program which is centered around programming to support maintaining a stable, independent life. This program involves multiple components to assist our clients with achieving stability.

The Empowerment program offers clients specific opportunities to obtain housing, gain the skills to maintain their housing, and find and maintain employment that will support their expenses. To learn more about this program, visit the link below:

www.nashvillecares.org/empowerment-program



PHOTOS FROM
OUR FIRST
WORKSHOP



THE HEARTBEAT

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.
#JoinAllofUs

All of Us
RESEARCH PROGRAM



SOUTHERN TENNacity

YALE STUDY:
Earn \$50 for one virtual interview.

To join, you must be 18-35, identify as a Black or Latinx man who is attracted to other men, and reside in Middle TN.



Interested?

To learn more, visit www.bit.ly/TENNacity
or use the QR code

AGENCY CLOSED

JULY 27th-31st

AUGUST 10th

SEPTEMBER 4th

THE HEARTBEAT

Directions to My House

**My House is located at 442 Metroplex Drive, Building D
Suite 200 Nashville, TN 37211**

Note: Google Maps will have you enter off of Antioch Pike, that entrance is permanently closed. Please follow these directions.

From Interstate 24, take Exit 56, Harding Place

- From 24 East, make a left on Harding Place and drive to the second light, Metroplex Drive and turn left.
- From 24 West, make a right onto Harding Place – Note: You'll need to quickly get into the left lane. Turn left on Metroplex Drive.
- There will be a 7-11 on your left and KFC on the other side of the road.
- After going up the hill you will turn right into a 4 building complex.
- Enter Metroplex from Metroplex Drive and make an immediate right.
- We are in building D upper suite 200 in the Metroplex complex.
- Keep going around the building and you will come to a dumpster. Pass the dumpster and park. My House is on your left as you pass the dumpster. Enter going up the ramp to the upper floor and the door will be on your right.



By Metro We Go Bus

- On bus 52 traveling away from town/toward the airport – get off right past the intersection of Harding and Metroplex drive.
- There will be a 7-11 gas station on the opposite side of the road before the intersection. There is a Camel car wash on the corner, then McDonalds. The stop is between the two.
- The bus has stops near Metroplex and Harding on both sides of the road.
- If you get off on the opposite side of Harding, pick-up will be in the McDonalds Parking lot directly behind the stop.
- If you are on the My House side of Harding, pick-up will be in the KFC parking lot directly behind KFC.
- Contact the HEARTLine when you get off of the bus for pick-up.

THE HEARTBEAT

2023 Summer Calendar

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

For program descriptions visit www.nashvillecares.org/healthyu

JULY

MONDAYS

Under Construction

10-11:30am - virtual

M.A.L.E.S.

5-6pm-virtual

TUESDAYS

Silver Strong

11-12pm on the 18th - virtual

E.P.I.C.

12-1pm - virtual 12th & 26th

Express Yourself

5-6pm - virtual

WEDNESDAYS

Choice Pantry

12th & 19th

THURSDAYS

Healthy Relationships

2:30pm - virtual

13th & 20th

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 7th

Spiritual Connection on the 14th

Game/Fun Day on the 26th

AUGUST

MONDAYS

Under Construction

10-11:30am - virtual

TSU Cooking Classes

1-2pm - virtual

M.A.L.E.S.

5-6pm-virtual

TUESDAYS

Silver Strong

11-12pm on the 16th - virtual

E.P.I.C.

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

Express Yourself

5-6pm - virtual weekly

WEDNESDAYS

Choice Pantry

9th & 23rd

THURSDAYS

Healthy Relationships

6-7pm v- virtual on the 3rd, 10th & 17th

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

5-6pm on the 24th

FRIDAYS

All Friday programs

are from 1-2 pm

S.E.T. Group on the 4th

Spiritual Connection on the 11th

Fun Friday

1-2:30pm on the 25th - onsite

SEPTEMBER

MONDAYS

Under Construction

10-11:30am - virtual

TSU Cooking Classes

1-2pm - virtual

M.A.L.E.S.

5-6pm-virtual

TUESDAYS

Silver Strong 50+

11-12pm on the 20th

Express Yourself

5-6pm weekly - virtual

WEDNESDAYS

Choice Pantry

13th & 27th

E.P.I.C.

12-1pm on the 20th - virtual

THURSDAYS

Healthy Relationships

1-2:30pm on the 7th, 14th & 21st - virtual

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

1-2pm on the 28th

FRIDAYS

All Friday programs

are from 1-2 pm

S.E.T. Groups on the 1st

Spiritual Connection on the 8th

Peer Check-in on the 29th - in person



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