

HEART BEAT

NASHVILLESM
CARES
FOR ALL OF US



CARES360SM
COMMUNITY CLINIC

APRIL - JUNE 2026

633 THOMPSON LANE, NASHVILLE, TN 37204 | HEARTLINE: 1-800-845-4266



WELCOME NEW CARES 360 MEMPHIS TEAM!

There are so many reasons to be excited about our new CARES 360 clinic location. One of the best? The awesome Memphis-area team members who now count themselves as part of the CARES family.

These talented professionals have already been serving their community with dedication and compassion. Now they bring that same commitment to the broader CARES mission. This isn't just about expanding the services available to our clients. It also increases the impact we're able to achieve as an organization.

To our Memphis team members: thank you. We're deeply honored to work alongside you. In a very real way, each of you is already helping to shape the next chapter of our mission to end the HIV epidemic across Tennessee. We are all stronger because of you.

NASHVILLE - CHECK OUT THE NEW ON-SITE PHARMACY

Convenient prescriptions, trusted care now open just off the CARES 360 clinic lobby at 633 Thompson Lane. NPS Pharmacy makes it easy for patients to get the medications they need, either via on-site pickup or mail. A knowledgeable team and seamless access support each healthcare journey every step of the way.

Operating hours are the same as the clinic: Monday to Friday, 9 am - 4:30 pm





SPRING INTO HEALTH: STAYING CONSISTENT WITH YOUR HIV TREATMENT

Spring is a great time to check in on your health. That includes making sure you're keeping consistent with your HIV care. Two of the most important steps in living well with HIV are keeping up with regular medical appointments and taking all medications exactly as prescribed.

For those living with HIV, the benefits of staying on treatment are clear. Taking your medication consistently helps keep your viral load suppressed. It also protects your immune system and supports overall long-term health. Maintaining an undetectable viral load also means you don't risk passing HIV to sexual partners (remember, Undetectable = Untransmittable, or U=U). With the advanced treatments available today, people who stay engaged in care and maintain viral suppression can now live long, full, healthy lives.

Consistent treatment also helps prevent drug resistance, which can happen if you miss medications frequently. When the virus is allowed to multiply, it may change in ways that make certain medications less effective. Taking your medication daily helps keep the virus suppressed, ensuring that your treatment continues to work.

Beyond medication, routine lab work and medical visits are an important part of HIV care. Most providers recommend checking viral load and CD4 counts regularly to make sure treatment is working so the immune system remains strong. Regular visits also give you a chance to discuss other important health topics like heart health, mental health, vaccinations and prevention of other infections.

Practical tips that many find helpful for staying on track with HIV care:

- Keep all regular medical appointments and lab visits to monitor viral load and overall health
- Use tools to help you remember – setting phone reminders or medication apps, or using pill organizers
- Refill your prescriptions early to avoid running out of medication
- Talk openly with your healthcare team if you experience side effects or if your routine changes due to travel, work, or life events
- Reach out for support from case managers, pharmacists, or support groups if you need help navigating insurance, medication access, or adherence challenges

It's also important to remember that missing a dose occasionally can happen, and if it does, don't be discouraged. The most important thing is to return to your routine and reach out to your care team if you need guidance. This spring is a perfect time to recommit to your care, check in with your healthcare team, and take the steps that support your long-term health and well-being.



GREAT NEWS FROM YOUR CASE MANAGERS

Free WeGo rides for 3 years? Believe it!

This is pretty amazing. The new WeGo Journey Pass is totally free. It allows for unlimited rides. And it's being offered to people in or near Davidson County who are living on a limited income. Your Journey Pass works on all WeGo-operated programs you've been approved for – that includes WeGo buses, Access Ride, WeGo Link and the WeGo Star.

You're eligible to apply if you already get SNAP benefits, or if you're receiving services at Metro Action Commission, MDHA, Metro Social Services, Metro Public Health Department or the Office of Homeless Services. Be sure to ask your case manager about upcoming registration events!

Apply for gas cards beginning May 1

Gas card eligibility is moving to an annual application process, clients currently receiving a gas card or in need of a gas card will need to complete an application during the month of May. Applications will be prioritized based on need for transportation assistance to maintain access to healthcare services.

Please reach out to your case manager to complete an application.

****Clients living in Montgomery, Houston, Humphreys and Stewart counties – your gas card program is not part of this change.****



Beware of Dishonest Insurance Brokers

We continue to see dishonest insurance brokers taking advantage of clients by enrolling them in unapproved IAP insurance plans. These scammers may contact you and promise what sounds like a good deal: lower premiums, extra coverage, free dental/vision, etc. If you take the bait, the broker will disenroll you from your approved IAP plan and place you on one that is not approved. They do this for one reason: to earn a commission.

And suddenly, you find you're no longer getting any IAP financial assistance. No more premium, deductible, copay or pharmaceutical benefits! Even worse, the broker may have fraudulently reported changes in your income to make you eligible for a plan change. This often means you're hit with expensive tax consequences.

Don't become some unscrupulous broker's next victim. **If anyone contacts you claiming they can get you better insurance coverage, proceed with caution. Your safest move? Contact your case manager before you agree to any insurance changes.** We'll be happy to help you navigate all insurance options to get you the maximum possible benefits.

REMINDER: If you are on ACA you are required to file taxes - deadline is April 15th!



EMPOWERMENT PROGRAMS

Remember, you must be referred by your case manager to be eligible for any of these services.

UNHOUSED SERVICES

Unhoused Program Manager works with clients through agency and outside resources to secure permanent, safe, affordable housing.

HOUSING RETENTION

Housing Retention Program Manager works with newly- and unstably-housed clients to ensure they maintain their housing.

INDEPENDENT LIFE SKILLS CLASSES

These helpful classes were designed specifically to make life better for clients who face barriers to obtaining and maintaining housing.

Every Tuesday from 11 am – 1 pm

EMPOWERMENT WORKSHOP SERIES

Bi-monthly trainings and speaker engagements that provide clients with much-needed services and resources (lunch provided).

Financial Workshop: March 19th

Employment Workshop: May 21st

Housing Workshop: July 16th

Health Workshop: September 17th

EMPLOYMENT SERVICES

Connecting clients to the needed skills and resources for obtaining and maintaining employment.

Every Wednesday at 1 pm.



NUTRITION & WELLNESS CORNER

Stay Hydrated as Temperatures Rise

As we move into the warmer months in Middle Tennessee, it's important to stay hydrated. Many factors influence how much water your body needs, including age, activity level, and overall health. For most healthy adults, 4–6 cups of water daily is a good starting point.

Benefits of Staying Hydrated:

- Improves sleep quality and mood
- Keeps joints lubricated
- Aids digestion and bowel movements
- Supports weight management
- Boosts energy levels

Get Moving This Spring

Warmer weather is a great time to add more movement to your routine. Try going for a walk in the morning or evening, when temperatures are cooler. Pairing regular physical activity with healthy eating helps support overall wellness.

Goal: Aim for 20–30-minute walks when possible.



We are pleased to announce that you can now be referred to The Store - please let your Case Manager know and they can get you connected. Visit www.thestore.org to learn more!



NUTRITION & WELLNESS CORNER

CARES Store Highlight: Canned Chicken

Canned chicken is a versatile protein that makes it easy to create quick, nutritious meals. One delicious example: Chicken Broccoli Rice Casserole. This nutrient-packed casserole combines protein, fresh vegetables and pantry staples. You'll find everything you need at the Nashville CARES Store.

Ingredients:

- 1 cup milk
- 1 can of cream of chicken or cream of mushroom soup
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt & pepper to taste
- 2 cans of canned chicken, drained
- 1 cup cooked rice
- 1 cup shredded cheese (your choice)
- 1 onion, diced
- 1 cup broccoli florets
- 1 tbsp oil



Instructions:

1. Preheat oven to 350°F (175°C).
2. Steam or microwave broccoli florets for 2–3 minutes until slightly tender. Drain and set aside.
3. In a skillet, heat 1 tbsp of oil over medium heat. Sauté the diced onion until soft and fragrant, about 3–4 minutes.
4. In a large bowl, combine cooked rice, canned chicken, broccoli, sautéed onion, cream soup, milk, garlic powder, onion powder, salt and pepper. Mix until evenly combined.
5. Pour the mixture into a greased baking dish and top with shredded cheese.
6. Bake for 25–30 minutes, until hot and bubbly and the cheese is melted.

Quick veggie salad idea

Do you have extra cucumbers, broccoli, zucchini or yellow squash in your kitchen? Here's another convenient way to enjoy these healthy vegetables. And any time you're craving it, remember that you can also find these ingredients at the Nashville CARES Store.

1. Toss vegetables with a zesty dressing
2. For extra protein, add drained canned chickpeas
3. For richer flavor, top with avocado or dried cranberries

Click or scan to schedule:
[https://app.pantrysoft.com/
login/nashvillecares](https://app.pantrysoft.com/login/nashvillecares)



CHOICE PANTRY HOURS

- | | |
|--------------------------|--------------------------|
| Apr 8: 9 am-1 pm | May 27: 9 am-1 pm |
| Apr 22: 9 am-1 pm | Jun 10: 9 am-1 pm |
| May 13: 9 am-1 pm | Jun 24: 9 am-1 pm |



NEWS FROM NASHVILLE CARES THERAPISTS

The Healing Power of the Circle: Why Group Therapy Works

The idea of sharing your most painful thoughts with a bunch of strangers on a Zoom screen may sound more like a trial than a therapy session. But it can change you in ways no one-on-one therapy session ever could. And for many, this actually becomes one of the most transformative experiences of their lives. Here's why:

1. Structure creates safety

Group therapy is not an open forum. And it's definitely not a venting session among friends. It is a clinically facilitated experience, led by a trained therapist. That therapist establishes ground rules – confidentiality, respect, equitable space – before a single word of personal disclosure is shared.

This structure creates a predictable, bounded environment where people can feel free to take genuine emotional risks. Having a skilled professional monitoring the group dynamics in real time ensures that no one is left exposed or silenced.

2. You're not as alone as you might think

Walking into a group for the first time is terrifying. The idea of opening up about depression, grief or trauma in front of strangers can feel unbearable. But when you do, something pretty extraordinary happens – you realize someone else is describing exactly what you've been feeling. The shame you thought was uniquely yours is also part of another person's story.

The psychiatrist Irvin Yalom called this the "universality" factor – the often-tearful recognition that we are never alone in our struggles. These are moments that no individual session can manufacture, because they require others to exist. "The therapeutic moment begins when you look across the circle and recognize your own struggle in someone else's eyes."

3. The group is a mirror for the world outside

The single most powerful element of any group therapy session may be conflict. Though it may seem counterintuitive, conflict can actually play a powerful role in bringing people together. That's because the group works as a social microcosm, mirroring the ways people navigate relationships in their daily lives.

In both contexts, people sometimes misread each other, feel slighted, and project old wounds onto new faces. So when friction arises in group therapy, the therapist doesn't extinguish it. Instead, she helps the group examine it. What needs are going unspoken? How do others perceive you under stress? Invaluable lessons like these can only be learned when working together as a community. Give it a try – you'll see for yourself.

Group therapy is open to all CARES clients

We offer an ongoing virtual group every Wednesday from 12:00 – 1:30 pm. This group focuses on self-compassion and interpersonal relationships. New members are welcome as space permits. To get started, just email our group therapist, Chenxi Zhu at czhu@nashvillecares.org.

"It's an opportunity to explore why you react to life the way you do in a safe, trusted setting. It confirmed that while life isn't the same for everyone, we all benefit from sitting with souls who share similar experiences. Being understood by peers is part of feeling connected. And feeling connected is a stepping stone to engaging with society in a more comfortable, affordable way."

-Tim, client and group member



STAY SAFE NASHVILLE LAUNCHES NEW PUBLIC HEALTH–PUBLIC SAFETY PARTNERSHIP

Starting in April, your Nashville CARES Prevention Team is rolling out a new joint initiative called Stay Safe Nashville. The Nashville CARES Drug Awareness Response Team (DART) and the Metro Police Department’s Overdose Response Task Force are working together to reach those members of our community most affected by substance use, housing instability and barriers to care.

Stay Safe Nashville represents a real shift in how our community approaches substance use – it improves on the old parallel systems with a coordinated model that blends enforcement and compassion. By pairing prevention specialists with police officers, the program aims to reduce overdose deaths, curb disease transmission and expand access to lifesaving health services across the city.

The partnership between DART and Metro Police has a strong history. Under the leadership of Overdose Prevention Specialist Barbara Brown and Sgt. Anthony Cucci, the teams have already spent years coordinating outreach events, joint training and rapid-response interventions. Their collaboration recently expanded into The Rodeway, a transitional housing site operated by The Hospitality Hub. There, DART now provides everything from harm reduction supplies, HIV and hepatitis C testing to peerled recovery meetings, educational programming, case management and onsite medical care.

Stay Safe Nashville builds on that foundation with a more visible citywide presence. Plans include weekly evening deployments and monthly Saturday outreach, plus appearances at major events and nightlife hubs. A sixseat rapidresponse vehicle equipped with an AED and first aid supplies will allow Red Cross-certified specialists to intervene quickly during peak hours.

Outreach workers will distribute free Narcan, fentanyl and xylazine test strips, condoms and HIV selftest kits, as well as offering safe, convenient syringe collection and disposal.

Another important tool they’ll make available is the Drink Safe coaster. Often referred to as drug-detecting coasters, these feature embedded test strips that can identify common date rape drugs like GHB and ketamine. This cutting-edge technology offers a proactive, on-the-spot method for detecting spiked drinks and preventing drug-facilitated sexual assault.

City leaders and program organizers applaud Nashville CARES for the life-saving innovation. And Stay Safe sends a clear message: safety isn’t just about law enforcement. It’s about dignity, prevention, and meeting people where they are.



SAVE-THE-DATES!



Dining Out For Life is a community-wide event where local restaurants give back by donating a portion of their sales to Nashville CARES. It's one way others in our community help support the care and services we provide - feel free to spread the word!

Want to volunteer? Contact Wes at wharrell@nashvillecares.org

To see a list of participating restaurants, visit www.diningoutforlife.com/nashville.



NASHVILLE
PRIDE

**SATURDAY
JUNE 27,
2026**

BICENTENNIAL CAPITOL MALL STATE PARK





Condom Delivery

If you need condoms and/or lube, contact Lisa at 615-761-4474 or lbinkley@nashvillecares.org to make arrangements.



Get specialized counseling, regardless of your HIV status.

Reach us at nashvillecares.org or 1-800-845-4266.



Did you know you can receive a full range of expert HIV medical care at CARES 360 Community Clinic?
Call 615-499-7406 to schedule an appointment today.



AGENCY CLOSURES

APRIL

All Staff Training, April 3
Dining Out For Life, April 30

MAY

Memorial Day, May 25

JUNE

Juneteenth, June 19

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.



HEALTHYU GROUP ACTIVITIES

See calendar on final page for dates and times



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

This men's group meets every Monday that Nashville CARES is open. The only requirement is that you are living with HIV and identify as male. We are fathers, sons, husbands, co-workers, friends, lovers etc. We talk about all those relationships, our lives, politics, social media, love, and of course any HIV-related issues. Dinner is provided. 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 5-6 pm. 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 from all walks of life. You can present individual poetry or spoken word, or simply hang out and appreciate the expressive nature of others. This group session serves to tear down the walls of toxic masculinity, allowing emotions, suppressed thoughts and various points of view to be shared freely in a supportive environment. The base topic will be different for each session. The opening session will be an introduction to the experience, ending with a discussion of the works presented. Contact Darrell at HealthyU: dearly@nashvillecares.org. Weekly virtual meetings on Tuesdays from 5-6 pm.



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

A group designed specifically for women living with HIV, with a focus on providing social support and education. This group provides a safe space that affirms and celebrates who we are as women. It's ideal for any woman who's looking for ways to connect with others living with HIV, but doesn't know where to start. All discussions are confidential. A meal is provided. Contact Temya at (615) 259- 4866 ext. 330. Catch one of our virtual meetings on the 4th Thursday of each month from 1-2 pm.



Artsy Hearts

Designed specifically for people living with HIV, this group focuses on improving mental health and promoting well-being by "providing meaningful spaces for expression and achievement." Artsy Hearts is designed as a fun social activity where people can learn new skills and enjoy sharing their creativity together. This group also focuses on in-person bonding within the community. **A meal is provided, so it's important to RSVP in advance.** Contact Latoya at lalexander@nashvillecares.org. The group meets on the 4th Friday of every month from 1:00-3:00 pm.



The B Side

A group dedicated to sharing positive energy, health tips, self-care advice and life skills for navigating your best life after a positive HIV diagnosis. The B Side focuses on social support through networking with others living with HIV. It's a great way to build community, learn about community resources and create a bonding space to share experiences and solutions for living with HIV. Contact Latoya at lalexander@nashvillecares.org. This group meets on the 3rd Wednesday of every month from 4:00-6:00 pm. Meetings are virtual between September-February, and in-person from March-August.

A meal is provided for in-person gatherings, so it's important to RSVP in advance.



HEALTHYU GROUP ACTIVITIES

(Continued)



PsIR. – Peers In Research

A group designed specifically for people living with HIV who want to serve as ‘community researchers,’ utilizing their lived experience to assist other researchers in developing and designing research tools as well as collecting and analyzing data. This group also focuses on disseminating the findings of the research projects that they have assisted with. “Nothing about us without us.” Discussions are confidential. Contact Dr. Tiye (615) 428-4401. Virtual meetings schedule TBA.



Healthy Movement - Orangetheory Fitness

A group designed specifically to give people living with HIV an opportunity for healthy exercise with a qualified instructor and well-equipped studio. Let's move together! Studies have shown that exercise has positive benefits covering the physical, mental and even spiritual. This group meets in East Nashville the 2nd Thursday each month. You do need to register in advance. If you're interested, leave a voice message and we'll get back to you 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, as well as their family and friends. Participation in Spiritual Connection can help prevent many of the physical, mental and spiritual challenges that often lead to medication non-adherence, depression, issues with forgiveness, stress from stigma and many other barriers that lead to unsuccessful decision-making and negative life events. We focus on healing, empowerment and real-world tools for living successfully with HIV. This group is based on a broad set of principles that transcends all religions. Contact Temya at HealthyU@nashvillecares.org. Registration not required, but RSVP is appreciated. Please check the calendar on the final page to confirm meeting type (in person or virtual). Virtual meetings occur the 2nd Friday of each month from 1-2 pm.



Silver Strong

A group especially for people aged 50 and older who are living with HIV. This is a safe, supportive forum for discussing all topics related to aging and/or HIV. 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. Bring your life experiences and your questions. Virtual Meetings are held the 3rd Tuesday of each month. Contact Temya at HealthyU@nashvillecares.org.



Peer Check-in

Have a good talk. Meet new folks. Check in! Our monthly Peer Check-in happens on the 4th or 5th Friday that Nashville CARES is open each month. The only requirement to attend is that you are a person living with HIV. This is a great opportunity to discuss any issues relating to HIV, along with anything else going on in your life. We talk about our relationships, our lives, politics, social media, love, etc. Share as much or as little as you want (or just kick back and listen). Come out and enjoy the fellowship and a lunch voucher (must attend for the full session). In-person or virtual meetings TBA. Contact Temya at HealthyU@nashvillecares.org.



HEALTHYU GROUP ACTIVITIES

(Continued)



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 are held quarterly, giving you a convenient way to connect with pharmacists online and get your questions answered. We also have a growing library of virtual information available. Please contact the HealthyU Staff to learn more about accessing online videos and other helpful resources. Schedule TBA.



Healthy Relationships

We created this 3-session program to equip you with effective problem-solving and decision-making skills designed to reduce stress around disclosure. Each two-hour session offers a combination of teaching, group discussion and movie clips to make things fun and engaging. A meal is provided with each in-person session, and participants who complete all 3 sessions receive a valuable gift card. Contact Darrell or Temya at HealthyU@nashvillecares.org. Advance registration and assessment REQUIRED. Meetings are virtual on Thursdays from 5-6 pm.



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

At EPIC, we strive to empower People Living With HIV (PLWH) with tools, knowledge and skills to help them become influential leaders, mentors and members of their communities. In a relaxed small group atmosphere, we talk about ways we can improve and inspire change, starting at the local level and building upward. Our goal is to be champion representatives of our prestigious perspective by being informed, committed and fully present. The only requirement is that all participants must be PLWH. Meeting schedule TBA.



TSU partnership: Nutrition and Budgeting Curriculum

Each Monday beginning in September, Nashville CARES will partner with TSU Cooperative Education to bring you the class Shop, Cook, and Eat Within Your Budget. Learn useful tips to help you get the most for your food budget – and without hurting your wallet! There are many ways to save money on the foods that you eat. The three main steps? Planning before you shop, purchasing all items at the best price and preparing meals that stretch your food dollars. This class will help you do a better job in each of these areas. Participants even receive free kitchen supplies after completing the class. Contact HealthyU@nashvillecares.org.



IAMSTRONG

What are your true strengths? What are your inner resources? How strong do you want to be? This one is all about developing a plan to help achieve a healthier you. Your plan will provide a roadmap for moving forward in your life, along with proven tools to help you develop a healthier outlook and make better decisions. Recognize your own strength and become a stronger version of yourself. Reach out to the HealthyU staff and get your plan started today! Virtual meetings available. Contact Dr. Tiye at HealthyU@nashvillecares.org.



HEALTHYU GROUP ACTIVITIES

(Continued)



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

The mission of the S.E.T. Project is to improve linkage and retention to care focusing on women, with special attention on breaking down the isolation and stigma that may come from living with HIV. The program includes biweekly calls with peers from within the network, along with monthly meetings to develop peer mentoring and accountability. The S.E.T. Project also includes bi-monthly social engagement with other women in the program. This is all about building community and strengthening the connections of sisterhood. Virtual meetings take place on the first Friday of each month from 1-2 pm. Contact Temya at HealthyU@nashvillearg.org.



StartHere

This 90-minute course is designed to provide participants with the basic understanding they need about living with HIV successfully. It provides a great starting point, whether someone is infected or affected. Family, friends and partners are all welcome to share in this workshop with you. But all attendees must register in advance. Virtual meetings available. Contact HealthyU@nashvillearg.org.



Under Construction (A&D Group)

This group is specifically to help people living with HIV who are also struggling with alcohol or drug use. It provides a safe, judgment-free opportunity to learn and share the kinds of recovery skills that can lead to better living. For more information, contact Temya at HealthyU@nashvillearg.org. Virtual meetings available. Check out the calendar on the final page to confirm.



Living Well with Chronic Diseases for Older Adults

If you're aged 50 or older, this course is designed to give you the support you need while teaching practical ways to deal with pain and fatigue. Discover better nutrition and exercise choices. Gain a better understanding of available treatment options. Learn effective ways to talk with your health care provider and family about health issues. This life-changing course is facilitated by the TSU Extension program. Schedule TBA.



Fresh Clothing

The Healthy University staff wants to make life less stressful for our clients who are housing-unstable and may need a clean set of clothes. So we're offering a free set of clothing to anyone currently experiencing homelessness. Call Dr. Tiye at (615) 259-4866 ext. 270, or contact your Case Manager.



Laundry Service

Do you have difficulty going to a laundry facility to clean your clothes? The Healthy University staff has partnered with a laundry service to take the stress out of this concern. They'll come pick up your laundry, then wash, fold and drop everything back off at your home, all on schedule you set with them online. Best of all, this service is free to you. But we do have limited capacity, so it's available on a first come, first serves basis. Contact your Case Manager for details, or contact Dr. Tiye at HealthyU@nashvillearg.org.



2026 SPRING GROUP CALENDAR

APRIL

MAY

JUNE

MONDAYS

Under Construction
10-11:30 am - virtual
M.A.L.E.S.
5-6 pm - virtual

Under Construction
10-11:30 am - virtual weekly
M.A.L.E.S.
5-6 pm - virtual weekly

Under Construction
10-11:30 am - virtual weekly
M.A.L.E.S.
5-6 pm - virtual weekly

TUESDAYS

Silver Strong 50+
1-2 pm on the 20th
Orangetheory Fitness
Cancelled until June
Express Yourself
5-6 pm - virtual weekly

Silver Strong 50+
1-2 pm on the 19th
Orangetheory Fitness
Cancelled until June
Express Yourself
5-6 pm - virtual weekly

Silver Strong 50+
1-2pm on the 16th
Orangetheory Fitness
1:15-2:30 pm - 9th
Express Yourself
5-6 pm - virtual weekly

WEDNESDAYS

Choice Pantry
8th & 22nd
The B Side
1-2 pm on the 15th
Healthy Relationships
5-6 pm on the 8th, 15th, 22nd

Choice Pantry
13th & 27th
The B Side
1-2pm on the 20th
Healthy Relationships
5-6 pm 13th, 20th, 27th

Choice Pantry
10th & 24th
The B Side
1-3 pm on the 17th in-person

Thursdays

S.W.E.E.T. Women's Group
1-2 pm on the 23rd

S.W.E.E.T. Women's Group
1-2 pm on the 28th

Healthy Relationships
5-6pm on the 11th, 18th 25th
S.W.E.E.T. Women's Group
1-2 pm on the 25th

Fridays

S.E.T. Group
April 17th
Spiritual Connection
1-2 pm on the 10th
Artsy Hearts
1-3 pm on the 24th

S.E.T. Group
1-2 pm on the 1st
Spiritual Connection
81-2 pm - 13th
Artsy Hearts
1-3 pm on the 22nd
Fun Friday
1-2 pm on the 39th

S.E.T. Group
1-2 pm on the 5th
Spiritual Connection
1-2 pm on the 12th
Artsy Hearts
1-3 pm on the 26th

