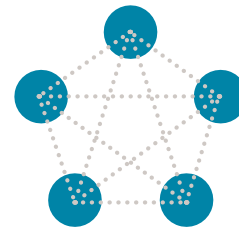


# RENEWED REVIEW

A QUARTERLY REPORT OF WHAT YOU HAVE MADE POSSIBLE

## TOGETHER IN Q3 2016, WE...



SPOKE TO **15** MENTAL HEALTH COUNSELORS on the signs of disordered eating



## HARMONIZED: MUSIC THERAPY PROGRAM

As our organization continues to grow and expand its offerings to the community, we are excited to reach a new audience through our first-ever music therapy program, **HarmonizedED!**

**HarmonizedED** is intended to be a place for adults to creatively express themselves while working on improving body image and self-esteem. The program is free of charge and sponsored by the Nashville Predators Foundation. No musical talent or instruments are required to attend.

**HarmonizedED** groups are set to begin on October 23, 2016 and will meet every other Sunday from 3-4pm at the Renewed office for the duration of a session. For more information or to register, please visit: [renewedsupport.org/programs/harmonized-music-therapy](http://renewedsupport.org/programs/harmonized-music-therapy).

## STAY TUNED!

- 10.6: BalancED begins
- 10.18: ConnectED group
- 10.19: Session 6 PaintED Nashville begins
- 10.21: Renewed Eating Disorders Conference
- 10.23: HarmonizedED begins
- 10.24: Session 7 PaintED Chattanooga begins
- 11.29: Giving Tuesday
- 2.4: ARFID Workshop in Nashville
- 2.16: Noted: Songs, Sips & Stories



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[renewedsupport.org/give](http://renewedsupport.org/give)