



In Our Words Newsletter

Community Conversations

NALC has monthly Zoom meetings called *Community Conversations* where learners, teachers, and volunteer tutors can learn about different topics. During these meetings, learners can present something they want to share with the group too!

Join us on **February 22 at 5 p.m.** for a Community Conversation with Beth Thomas, the Refugee & Immigrant Advocate for the MNPDI Intervention Program.

Johana Brito, an English Language Learner at NALC, will start the session with a short Latin Dance lesson!

Zoom Link: <https://us02web.zoom.us/j/87469625140?from=addon>

Let us know if you're coming!

Do you want to give a presentation on Zoom to our NALC community? This is a great opportunity to talk about your country, practice your public speaking, and practice your English! Please fill out this form and we will contact you for more information.

I want to present!

Celebrations

Great work in Learning Upgrade

ABE Learner, Avery Whitehead, recently completed 22 hours in Learning Upgrade in the month of January alone! Great work, Avery!

HiSET Exams

Tracey Griffin passed his High School Equivalency (HiSET) Writing test with help from tutor, Marianne Nora. He has now passed all the HiSET exams except for math!

Student Writing

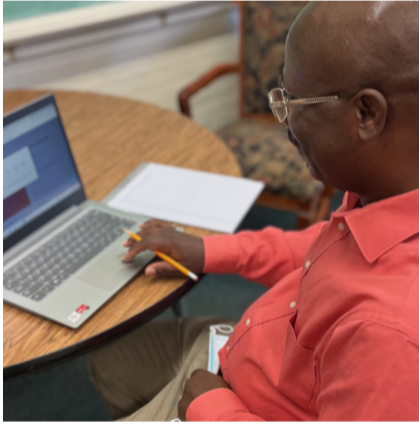
Eating Habits & Goals

As part of our *Burlington English* curriculum many learners write about their eating habits and any health goals they may have. **Did you have any health goals for the new year?**

English Language Learner, A.C.

My goals about eating are having every day from the different groups of food, for example for breakfast try to have a grain like oatmeal, granola, fruit like blueberries, strawberries, dry fruits like pecans, almonds, cranberries. For lunch are having more vegetables than protein, for example trying to do small portions of proteins and add more colors to the vegetables. I'll do the same with dinner. Adding more vegetables. That's my eating goal habits.

Community Partner



NALC partners with FiftyForward to bring learners and tutors over the age of 60 **free digital trainings** like how to use Zoom and how to use the internet safely.

Last month, some of FiftyForward's partner agencies made a documentary called "Exposing Cyber Threats." The documentary raises awareness about common internet risks and offers practical tips to create a safer online experience. We encourage everyone to be safe on the internet! The documentary is available online and [can be viewed here](#).

Watch the Documentary

NALC Announcements

Find news from staff and other updates here!



Office Hours

We are excited to announce that we are open **by appointment only on Wednesdays** between the hours of 9:00 a.m. and 4:00 p.m. at the Cohn School (4805 Park Avenue) in Suite 113B. Students and tutors can reach out to us at info@nashvilleliteracy.org to make an in-person appointment. You must make an appointment in advance.

Possible reasons for setting an in-person appointment could be: learning how to use Zoom, Burlington English support, checking out physical learning materials from our library, or any other support that is needed.

Make an Appointment



Submit Your Work

Do you have something to share? Please let your teacher or a NALC worker know OR submit work using the button below. You can also email your work to mharding@nashvilleliteracy.org. We are here to help!

Learn More & Submit Work

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