



AARTH

Celebrating 24 Years of Service & Impact

September 2026



Brain Health Workshop

THURSDAY, SEPT. 10TH
11:00AM-1:00PM | Zoom

Join us for this engaging presentation exploring simple, everyday habits, like exercise, nutrition, quality sleep, and staying mentally and socially active, that support memory, thinking, and healthy aging. Participants will walk away with practical strategies to help reduce the risk of cognitive decline, plus a personalized brain-healthy

action plan they can start using right away.



Bingocize

EVERY TUESDAY & FRIDAY, STARTING SEPT. 22ND
11:00AM-12:00PM | Carolyn Downs Family Medical Center 2101 E Yesler Way, Seattle, WA 98122

Play bingo, enjoy light exercise, and learn simple health tips, all in one fun program. Bingocize helps you build balance, prevent falls, and stay strong as you age. It's also a wonderful way to stay active, connect with others, and have fun!



AARTH's Annual Health Fair

SATURDAY, SEPT. 19TH
10:00AM-2:00PM | Matt Griffin
YMCA 3595 S 188th St, SeaTac, WA 98188

Mark your calendar for Saturday, September 19th and come celebrate healthy living, active aging, and community wellness with us! Enjoy line dancing & music, a Bingocize demo, a live cooking demonstration, free food

& refreshments, wellness vendors, and free health screenings. Whether you're looking to get moving, pick up new wellness tips, or simply enjoy time with neighbors, there's something for everyone.



Prostate Cancer Workshop

WEDNESDAY, SEPT. 23RD
6:00PM-7:15PM | Zoom

A Conversation on Prostate Cancer, in Partnership with Fred Hutch Cancer Center. Prostate cancer affects Black men at higher rates than any other group, yet it's a topic many of us don't talk about enough. This workshop is here to change that. Learn what prostate cancer is, who's most at risk, and the signs to watch for, and walk away knowing how and when to talk to

your doctor and where to find support. This is a space to ask questions, share concerns, and take care of each other, the way our community always has.



REGISTER FOR ALL WORKSHOPS at www.aarth.org

PAGE 01

AARTH Events Continued



Chronic Disease Self-Management Workshop

EVERY THURSDAY, STARTING SEPT. 24TH - OCT. 29TH
6:00PM-7:30PM | Zoom

Join AARTH for this 6-week interactive workshop, held virtually every Tuesday from September 24th through October 29th, 6:00 to 7:30 PM. You'll learn how to ease the stressors and concerns that come with chronic disease, and work through the process, transition, and day-to-day management of living with it, together as a community.



For 24 years, AARTH has been committed to improving health, sharing knowledge, and creating meaningful connections throughout the communities we serve. As we celebrate this milestone, we honor everyone who has been part of our journey and look forward to continuing this work together for years to come.

King County Happenings

Find out about various community events.

Dominion Over Dementia Caregiver Farmers Market

SATURDAY, SEPT. 5TH

10:00AM-3:00PM | 115 2nd Ave N, Kent, WA 98032

Join The HBCU Experience, Alzheimer's Research Consortium, LLC, in partnership with LivingWell Kent, for a Caregiver Farmers Market celebrating World Alzheimer's Month. Engage with Black farmers, health and industry organizations, and hourly demos while picking up intentional nutrition tips toward dementia prevention. Caregivers can register for giveaways by contacting thehbcuexp@gmail.com.

A Taste of African Heritage: Free 6-Week Virtual Class

EVERY THURSDAY, STARTING SEPT. 10TH - UNTIL OCT. 15TH

6:30PM-7:15PM | Zoom

Our friends at Oldways are hosting a free, virtual 6-week class exploring the rich food traditions of African heritage. Each week brings a new dish, new stories, and new ways to celebrate culture through cooking, all from the comfort of home. Registration is free and open to all. Sign up through their website www.nurturewellcenter.com/educationalresources to reserve your spot.

AARTH TEAM

Shelia Braxton
Executive Director
SheliaB@aarth.org

Ramona Shyne
Program Manager
ramonas@aarth.org

Ebony Harrison
Training Coordinator
ebonyh@aarth.org

Feben Girmai
Training Coordinator
febeng@aarth.org

Rena Cann
Office Manager
renac@aarth.org

Vinson Latimore
Consultant

Kimberly Breland
Consultant

Yolanda Drew
Consultant

Dr. Renee McCoy
Consultant

Physical Address 1111 Harvard
Ave Seattle, WA 98122
206.850.2070 Mailing Address
PO BOX 428 Renton, WA 98057



Thank you to our Community Partners

AARTH is able to provide the workshops and classes for FREE thanks to grants and support from our sponsors.

