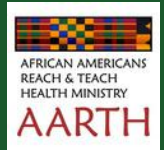




AARTH Happening This Month



Oct 2026



Bingocize

EVERY TUESDAY & FRIDAY, Oct. 2nd through November 27th 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!



Chronic Disease Self-Management Workshop

EVERY THURSDAY, STARTING Oct. 1st - OCT. 29th 6:00PM-7:30PM | Zoom

Join AARTH for a workshop, held virtually every Thursday from October 1st 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.

Breast Cancer Awareness Workshop

THURSDAY, Oct. 15th 11:00AM-1:00PM | Burien Community Center, 14700 6th Ave SW. Burien, WA 98166

We're partnering with Fred Hutch Cancer Center for a community conversation about breast health on October 15. We'll talk about the importance of early detection, what to look out for, and how we can better support our health

and one another. Everyone is welcome to be part of the conversation.

OPEN ENROLLMENT



Medicare Open Enrollment Workshop

MONDAY, Oct. 19th 11:00AM-1:00PM | Burien Community Center, 14700 6th Ave SW. Burien, WA 98166

Join AARTH for a FREE, in-person Medicare Open Enrollment Lunch & Learn on October 19.

A SHIBA advisor will help you understand your Medicare options, including changing plans, Medigap coverage, and ways to get help paying for Medicare. Get your questions answered with free, unbiased guidance so you can make informed choices about your coverage.



REGISTER FOR ALL WORKSHOPS at www.aarth.org

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Soulful Cooking with Chef Adunni

SATURDAY, Oct. 24TH
11:00AM-12:00PM | Zoom

Chef Adunni is back in the kitchen on October 24! This month's Soulful Cooking demonstration features Pikliz, Haiti's bold, tangy pickled condiment with a spicy kick. Learn how to make this flavorful favorite at home and add a bright, crunchy kick to your meals.



AARTH will be tabling at.....

House of Hope Fellowship

SATURDAY, October 3RD
11:00AM-1:00PM | 4655 S Holly St,
Seattle, WA 98118

Annual Health & Wellness Fair



A huge **THANK YOU** to our corporate funders, VSHSL and Matt Griffin YMCA; our sponsors, Mary Mahoney Professional Nurses Organization, Sankofa Practice, Sky Urban, Martin Luther King, Jr. Memorial Baptist Church, The Campaign for Tobacco-Free Kids, and Allstar Financial Insurance; and our vendors, volunteers, and community members for your incredible support.

YOU made all the difference in making this year's Health and Wellness Fair a success. We are truly grateful for your support and commitment to our community!

Visit our website to view photos from the event.

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.



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