



AARTH COMMUNITY HAPPENINGS

August 2026



Movement Series: Summer Wellness Flow

WEDNESDAY, AUGUST 5TH, 19TH & 26TH
11:00AM-11:30AM | Zoom

Our Summer Wellness Flow Movement Series is here to help you move with confidence, build strength, and feel your best. Join us for gentle, instructor-led sessions designed to improve balance, flexibility, mobility, and overall well-being in a welcoming, supportive environment.

Whether you're just getting started or looking to maintain an active lifestyle, these low-impact exercises are tailored for all fitness levels and can help reduce the risk of falls, ease stiffness, and keep you moving with greater comfort and independence.



Grocery Giveaway

WEDNESDAY, AUGUST 19TH
2:00PM-4:00PM | Receive
Location After Registration

In partnership with New Beginnings Christian Fellowship, we invite community members to join our Grocery Giveaway. Receive free perishable and non-

perishable groceries while supplies last. Whether you're stocking your pantry or stretching your grocery budget, we're here to help provide nutritious food and support for our community.

National Immunization Awareness Month

Staying immunized is one of the best ways to protect your health and enjoy the life you love



WHY IMMUNIZATIONS MATTER AS YOU AGE:



PROTECTS YOU FROM SERIOUS DISEASES

Vaccines help prevent illnesses like flu, pneumonia, shingles, COVID-19, and RSV that can be much more serious for older adults.



REDUCES HOSPITALIZATIONS AND COMPLICATIONS

Staying up to date on vaccines can lower your risk of severe illness, hospital stays, and long term health problems.



PROTECTS YOUR HEART AND OVERALL HEALTH

Vaccines can help prevent infections that may trigger heart attacks, strokes, and worsen chronic conditions.



PROTECTS YOUR COMMUNITY

When you're protected, you also help protect family, friends, and others, especially those who are more vulnerable.

REGISTER FOR ALL WORKSHOPS at www.aarth.org



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Come Visit Us.....

Find AARTH staff at various community events.

Black Pride Month

AARTH will be tabling at multi-day celebrations that feature a variety of community activities, social gatherings, and entertainment.



Scan Visit PNW Black Pride for Full Weekend Events

AARTH TEAM

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Black Pride Wellness Suite
SATURDAY, AUGUST 22ND
11:00AM-5:30PM | Northwest African American Museum (NAAM)
2300 S. Massachusetts St, Seattle, WA 98144

Audre Lorde Movie Screening
SUNDAY, AUGUST 2ND
5:00PM-8:00PM | Langston Hughes Performing Arts Institute
104 17th Ave S, Seattle, WA 98144

Black Pride Worship Service
SUNDAY, AUGUST 23RD
9:30AM-12:00PM | Plymouth Church
1217 6th Avenue Seattle, WA, 98101

Seattle Children's/OBCC Narcan Clinic Back-to-School Event

SATURDAY, AUGUST 29TH
11:00AM-1:00PM | Odessa Brown Clinic
3939 S. Othello St, Suite 101, Seattle, WA 98118

Families are invited to connect with local organizations, explore health and safety resources, and prepare for the new school year. Stop by the AARTH table to learn about our free health and wellness programs.



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.

