



AARTH

COMMUNITY HAPPENINGS



SEPTEMBER 2025
WWW.AARTH.ORG



Diabetes Self Management Workshop Continues

EVERY TUESDAY THROUGH SEP 30
11:00 AM-1:30 PM | ZOOM

Participants are empowered with practical tools, education, and support to take control of their health and improve daily living with diabetes.

Healthy Living for your Brain & Body

THURSDAY, SEP 25 | 1:00 PM
ZOOM

Beverly Kimmons, WA State Alzheimers Association, will cover 10 evidenced-based strategies designed to boost memory and concentration and support lifelong learning and understanding. Small steps today can make a big difference tomorrow in keeping your brain active and clear.



A fun, interactive program that blends bingo and exercise with health education to promote balance, reduce falls, and support healthy aging through social engagement.

Tuesdays & Fridays at 11:00am
October 7th, 2025
Carolyn Downs Family Medical Center
2101 E Yesler Way, Seattle, WA 98122



Happy 23rd Anniversary AARTH - established September 2002

YOU'RE INVITED!

United for Wellness

A BRUNCH TO BRIDGE THE GAP

Saturday, September 20
11:00 AM - 1:00 PM
Archer Hotel | 7200 164th Ave NE | Redmond 98052

Join AARTH at the Archer Hotel as we come together to build a bridge to close the health equity gap. Enjoy a morning of delicious food, vibrant entertainment, and meaningful connections—all in support of a powerful cause. Tickets are \$50. If you are unable to attend but would like to support, please consider making a donation at www.aarth.org. We look forward to celebrating with you!



OWNER OF
SHANTAEIZE YOUR SPACE

A Decluttering Workshop

WEDNESDAY, SEP 10
6:00 PM-7:00 PM | ZOOM

Join AARTH and professional organizer Shantae Duckworth for a calming, practical session on decluttering and home organization. Shantae shares expert tips to help bring order to your space and peace to your mind.

Make Room for What Matters!



REGISTER FOR ALL WORKSHOPS at www.aarth.org

PAGE 01

Welcome Back Kathleen Wilcox



AARTH is thrilled to announce that Kathleen has returned as the Executive Director! Kathleen's dedicated leadership, strategic expertise, and unwavering support of health equity make her the ideal person to lead us through this exciting next chapter. Her priorities will include:

- Strengthening relationships with funders and partners
- Identifying and pursuing new funding opportunities
- Developing a strategic plan to guide AARTH's future growth and success

With Kathleen at the helm, AARTH is poised to deepen our impact and continue driving positive change in our community. Please join us in welcoming her back!

Healthy Cooking w Chef Adunni

SATURDAY, OCT 4
11:00 AM-12:00 PM
ZOOM



Join us for a wonderful culinary experience! This month's recipe is Shrimp & Okra. Chef Adunni's

approach to cooking emphasizes fresh, whole ingredients, vibrant flavors, and balanced nutrition.



Each September, people unite from all corners of the world to raise awareness and to challenge the stigma that persists around Alzheimer's disease and all types of dementia.

JACKSON ST JAZZ WALK
HONORING THE AFRICAN AMERICAN MUSIC LEGACY OF SEATTLE CENTRAL DISTRICT

Sat, Sep 6 | 4:30-11:00 PM
20 Bands - 9 Community Stages - 1 night
www.jacksonstreetjazz.org

@ the central
500 30th Avenue S. | Seattle, WA 98144
206.726.4926

< The Nicole Yvette Band
5:00-6:30 PM

Michael Powers >
7:00-9:00 PM

AARTH TEAM

Kathleen Wilcox
Executive Director
kathleenw@aarth.org

Vinson Latimore
vinsonl@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 Administrator
renac@aarth.org

Kimberly Breland
Accountant

Yolanda Drew
Consultant
yolandad@aarth.org

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.

