



AARTH

COMMUNITY HAPPENINGS



OCTOBER 2025
WWW.AARTH.ORG



AFRICAN AMERICANS
REACH & TEACH
HEALTH MINISTRY

AARTH



Soulful Cooking with Chef Adunni

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

Chef Adunni is back with another flavorful dish, this time an Okra and Shrimp Bowl.

It's a Southern classic with a light and healthy twist. Her vibrant recipe blends bold spices and fresh ingredients to create a balanced comfort food with a Creole-inspired remix.



EVERY TUESDAY & FRIDAY
STARTING OCT. 7TH THROUGH DEC. 12TH
11:00 AM-12:00 PM | CAROLYN DOWNS
FAMILY MEDICAL CENTER

Bingocize is coming to AARTH!

This 10-week workshop combines bingo and light exercise to build strength and help prevent falls. Each session will keep you grounded and boost your confidence in movement. Bring a friend and join the fun!



Self-Care Through Movement

MONDAY, OCT. 20TH
12:00 PM-1:00 PM | ZOOM

Join our training coordinator, Ebony Harrison, MS Kinesiology for a workshop focused on personal care and improving physical appearance. Learn simple ways to boost your strength, balance, and confidence in everyday life.



Free Grocery Giveaway With AARTH

THURSDAY, OCT. 16TH
11:00 AM-1:00 PM | PICK UP IN PERSON

AARTH is hosting a free grocery giveaway with non-perishable & perishable items available in limited supply. Please register only if you are able to pick up your box on the scheduled day and time.

United for Wellness
A BRUNCH TO BRIDGE THE GAP

Be part of the movement - join us at AARTH's United for Wellness: A Brunch to Bridge the Gap and help close the health equity gap.

Saturday, February 7th
11:00 AM - 1:00 PM
Archer Hotel
7200 164th Ave NE | Redmond, WA 98052
Register at www.aarth.org \$50 pp or \$400 table

New Date, Same Location, Same Prices!

We invite you to join us in February 2026 at the Archer Hotel for our United for Wellness Fundraiser. Join us for a meaningful morning with delicious food, vibrant entertainment, and a collective celebration to bridge the gap in health equity.



REGISTER FOR ALL WORKSHOPS at www.aarth.org

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COME VISIT US AT...



Central Area Senior Center Health Fair

FRIDAY, OCT. 17TH
1:30 PM-4:30 PM | TABLING EVENT

Greater New Bethel Wellness Fair

SATURDAY, OCT. 18TH
12:00 PM-3:00 PM | TABLING EVENT



October is Health Literacy Month, a reminder of how important it is to understand and use health information so you can make the best decisions for yourself and those you care for.

Advocating for your health starts with asking questions, so we put together a short checklist to help you feel more comfortable the next time you walk into your doctor's office.



Scan Me To See A Larger Version of The Checklist



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.



FOR MORE INFORMATION VISIT www.aarth.org

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