African Dance & Rituals with Fatimah Mateen

WED, APR 6 - JUNE 29 | 5:00-6:00 PM

Let's move our bodies! Fatimah Mateen is a Cultural Educator and African dance performer with over 35 years experience. This low impact movement and discussion will jump start the year with affirmations, stretches and historical movements that will imprint in your muscle memory. Let's exercise together!

Tests vary slightly but remember these 4 basic steps

1. Set up your space. (layout materials and wash your hands.
2. Collect nasal sample from nose.
3. Run the Test
4. Read your results

Tests take 15 minutes for the results

AARTH has Over the Counter Covid Tests and N95 masks available. Call the Front Office to arrange a pick up of Over The Counter Covid Tests & K995 masks at 206.850.2070.

Join AARTH and Dr. Towolawi for an informative presentation on skincare. Dr. Towolawi is a double board certified physician, family medicine, and lifestyle medicine. She is owner of Nurture Well Center, and SkinStatMD. She Washington’s First Black-Owned Direct Primary Care Practice, and she is a member of the Skin of Color Society.

REGISTER FOR ALL WORKSHOPS at www.aarth.org
Healthy Cooking with Chef Adunni
LOW CARB OKRA ROASTED CHICKEN
SATURDAY, APR 16 | 10:00 AM | ONLINE

Join AARTH and Chef Adunni as we prepare a low carb recipe for okra roasted chicken in 60 minutes. Chef Adunni will also demonstrate her personal roasting technique! Adunni graduated from Johnson and Wales University with a degree in Science and Culinary Nutrition. She is also a Food Scientist, and business owner of Taste Tutor LLC. Have Questions? Call Jasmin Tucker 206-354-6419 or email Jasmint@aarth.org

Organization and Decluttering Workshop
THURSDAY, APR 28 | 3:30-4:30 PM | ONLINE

Spring cleaning is here! Join AARTH and Shantae Duckworth, owner of Shantaeize Your Space for an informative workshop on decluttering, and organizing your home. Shantae is also a member of the National Association of Black Professional Organizers. The first two participants will receive a gift card.

Soulful Cooking Demo w/ Chef Wayne Johnson
FRIDAY, APR 22
12:30 PM | ONLINE

Take a lunch break and cook with us! Join AARTH and Chef Wayne Johnson for a healthy cooking demonstration. We will prepare crispy salmon, asparagus, and bean mash. Chef Wayne Johnson has 30+ years of culinary experience. He was the Executive Chef at Ray's Boathouse, Andaluca, at the Renaissance Park Hotel in San Francisco, and was on Iron Chef Season 9.

Covid Testing Site Finder

The City of Seattle strongly urges residents to use testing locations verified by the City, County, or State and posted on their websites. Search https://bit.ly/CurativeAppointments for sites near you.

Where can I access Home Covid Tests?

The federal government and the state have websites for ordering FREE home Covid Test.
1. COVIDtests.gov (Federal)
2. https://sayyeshometest.org/ (State)

AARTH also has over the counter tests available for FREE, contact the Front Office. 206.850.2070.

Racism in Healthcare Panel Discussion
Sat, May 21 | 10:00 AM

Join us IN PERSON, along with BIPOC medical professionals to discuss advocacy and resources that challenge a myriad of issues people of African descent face in healthcare.

There is no charge to attend and a continental breakfast will be served.

More details will be on the website.

GiveBIG is a statewide fundraising campaign where individuals and organizations come together across Washington to invest in our communities. Please consider AARTH as your agency of support at https://bit.ly/AARTHGIVEBIG
Meet Rena Cann, AARTH’s new Outreach Coordinator. Many of you know Rena as the Office Assistant but her job was recently expanded to include her true love, connecting with the community and coordinating resources that will affect change. AARTH continues to lead the way in health equity in communities of African descent and looks forward to continued growth under Rena’s tutelage.

If you would like to connect with AARTH and volunteer with outreach or invite AARTH to participate at your next event, please reach out to Rena at renac@aarth.org or call 206.850.2070.

Seeking 2 More Community Navigators

A Community Navigator (CN) is someone who is passionate about the health and well being of people and is invested in making sure others have access to needed services and social connections. A community navigator is a natural people person who loves people and promotes healthy relationships.

Contact renac@aarth.org for more information.

For Hire: SHARP Seattle Project Assistant

Friends of SHARP Seattle is seeking a part-time Project Assistant to support the implementation of the Sharing History through Active Reminiscence and Photo-imagery (SHARP) project in Seattle’s Central District.

The SHARP Seattle Project Assistant acts as the key person for outreach to community members, registering project participants, and coordinating the project. The Project Assistant will work closely with community members and the SHARP Seattle leadership team. The Project Assistant will receive supervision from one of the leadership team members.

Hours: Approx. 8 hours/week, April 2022 – September 31, 2022
Compensation: $32/hour
How to Apply: To apply, please send cover letter and current resume or CV to FriendsOfSharpSeattle@gmail.com.
April 10 is National Youth HIV/AIDS Awareness Day, a day to raise awareness about the impact of HIV on young people. Together, we can help young people stay healthy by encouraging HIV testing, prevention, and treatment.

Youth with HIV are the least likely of any age group to be aware of their infection and have a suppressed viral load. Addressing HIV in youth requires that young people have access to the information and tools they need to make healthy decisions, know their HIV status, reduce their risk for getting HIV, and get treatment and stay in care if they have HIV.

#StopHIVTogether #NYHAAD

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