



AARTH COMMUNITY HAPPENINGS



MARCH 2024
WWW.AARTH.ORG



Years of Service

Chronic Disease Self-Management Program

SATURDAYS, MAR 16-APR 20 | 10:00 AM

The Chronic Disease Self-Management Program (CDSMP) is an evidence-based program developed to empower individuals with chronic conditions to better manage their health and improve their quality of life. Join facilitator Rena L. Cann for a six-week virtual series on managing chronic diseases. You can expect to gain confidence around techniques to deal with the symptoms of chronic disease.

Limited to 15 people | Register Today

NEW SERIES



Soulful Cooking with Chef Adunni

SATURDAY, APR 6
10:00 AM | ONLINE



Soulful Cooking with Chef Adunni is a culinary experience that goes beyond mere food preparation. Chef Adunni infuses her dishes with love, heritage, and a deep

connection to her roots, creating meals that nourish not just the body, but also the soul. Chef Adunni's approach to cooking emphasizes fresh, whole ingredients, vibrant flavors, and balanced nutrition. She teaches techniques for minimizing added fats and sugars, maximizing nutrient retention, and cooking with mindfulness and intention. Register Today!

Special Thanks to all....National Black HIV AIDS Awareness Day

This community collaboration was an absolute success! Thank you to all of the participants, attendees, guest speakers, organizations that lent a hand. If you missed the online celebration, you can watch it on our website or YouTube Channel. We look forward to more collaborations in the future.



National Women and Girls HIV/AIDS Awareness Day

Prevention and Testing at Every Age.
Care and Treatment at Every Stage.

MARCH 10

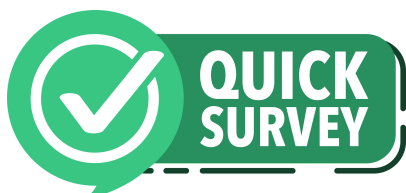


OASH

Office on
Women's Health



#NWGHAAD



TAKE AARTH COMMUNITY SURVEY

Thank you for participating in our community events for 2023! Your feedback is valuable to us as we strive to improve our future events. Please take a few minutes to complete this survey at <https://bit.ly/AARTHCommunitySurvey>.



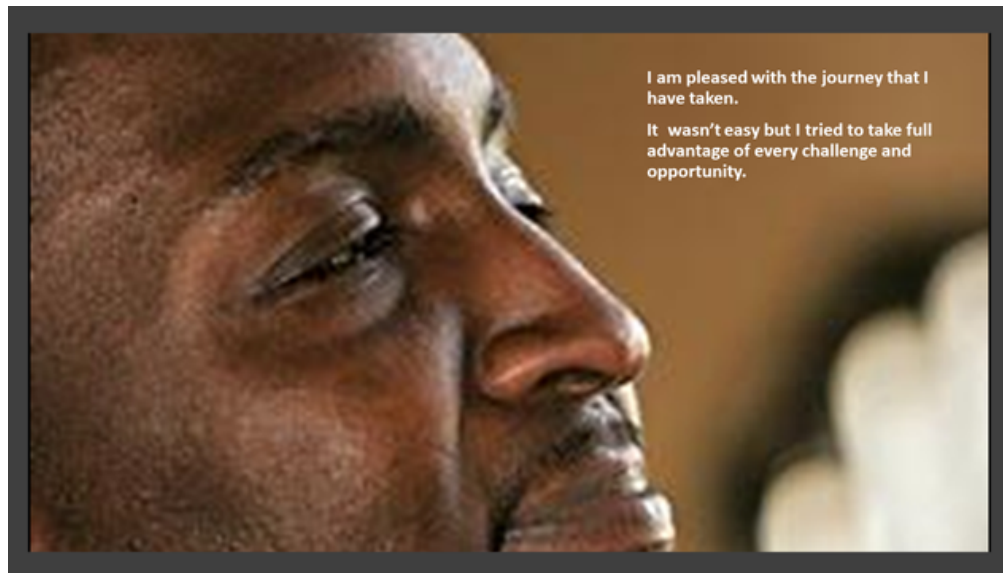
REGISTER FOR ALL WORKSHOPS at www.aarth.org

PAGE 01

Reginald L. Diggs Memorial Legacy Month

Co-founder of AARTH March 15, 1965 – March 20, 2007

AARTH proclaims March as the Reginald L. Diggs Memorial Legacy month. AARTH exists today because of Reginald and serves as a legacy and tribute to the work he inspired and forged. View video: <https://bit.ly/LegacyReginald>



Thank you Mt. Zion Baptist Church for including AARTH at your Health & Wellness event last month. We had great conversations, fostered bonds and exchanged ideas with members of the community. What a great way to promote GOOD health WINS!

Join the CALL TO ACTION!

CONTINUING THROUGH SUMMER 2024

Register to design a 3'x 6' panel In remembrance of Blacks/African Americans who died from HIV in the Pacific NW.



Thank you to our Sponsors

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



AARTH TEAM

Kathleen Wilcox
Executive Director
kathleenw@aarth.org

Dr. Renee McCoy
HIV/AIDS Project Manager
reneem@aarth.org

Angeilea' Yancey-Watson
Lead Program Coordinator
angeileay@aarth.org

Risha Sharma
Training Coordinator
rishas@aarth.org

Ramona Shyne
Training Coordinator
ramonas@aarth.org

Shakira Mungai
Office Administrator
shakiram@aarth.org

Kimberly Breland
Accountant

Twanda Hill
Consultant
twandah@aarth.org

Physical Address
1111 Harvard Ave
Seattle, WA 98122
206.850.2070

Mailing Address
PO BOX 428
Renton, WA 98057

Follow us on Social Media

