Join AARTH, and Chef Adunni as she prepares dirty rice and hot honey brown butter brussels sprouts. Chef 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.

Register online to become a PRAYER PARTNER

Dr. Renee McCoy is available to come to your organization and speak about the program. Contact her at reneem@aarth.org.
Brain Health in Black Communities
SATURDAY, FEB 11
12:00-1:30 PM | ONLINE

Join us virtually to learn more about Alzheimer’s disease, ask questions and share personal experiences. Get information about available resources, how to access help, and ways you can support people in our community impacted by memory loss and dementia.

Spring Decluttering with Shantae Duckworth
WEDNESDAY, MAR 22 | 4:00 PM | ONLINE

Spring cleaning is here. Join AARTH and Shantae Duckworth, owner of Shantae-ize 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. All participants will be entered into a raffle to receive a gift card.

Healing with Dr. Shaka Hatcher
SATURDAY, MAR 25 | 10:00 AM | IN PERSON
New Beginnings | 19300 108th Ave SE, Kent,

Join us at New Beginnings Christian Fellowship for a conversation on chiropractic care. Dr. Shaka Hatcher will share tips & tricks proven to support maintaining physical & mental strength. Participants will learn powerful breathing and stretching techniques.

*AARTH MOVED TO A NEW LOCATION*
Effective February 1

Celebrate BLACK HISTORY
February 2023

FOR MORE INFORMATION VISIT www.aarth.org
Random Acts of Kindness Day
FRIDAY, FEB 17
Participate in the first annual #KindnessExperience on Random Acts of Kindness Day. You might just change someone's life—maybe even your own! Can you imagine a world where kindness is the norm? That's the world we want. That's why we do what we do. And it requires some intentional actions. We love connecting people with ideas and resources. We encourage and celebrate acts of kindness. It's definitely not normal. But it might be soon.

www.randomactsofkindness.org

NEW INFO FROM WA ST DEPT OF HEALTH
School and Child Care Immunizations Information for Families
We acknowledge the medical system has had a history of racist and discriminatory practices and beliefs. This history may make it more difficult for families to trust vaccines or medical professionals.

We want to assure you that Washington state school and child care requirements are handled very differently. The Washington State Board of Health is a diverse group that oversees school and child care vaccine requirements. They operate under the goal of improving the health and safety of all people in Washington. Many medical professionals are trained to educate families about vaccination. We encourage you to find a trusted medical professional you can talk to if you have questions about vaccination.

https://doh.wa.gov/community-and-environment/schools/immunization/families

WORLD DAY OF SOCIAL JUSTICE
MONDAY, FEB 20
Every year on February 20, the World Day of Social Justice promotes the importance of fair and just relations between the individual and society. The day also tackles issues such as poverty, exclusion, gender equality, human rights, and social protections.

To participate:
- Learn why social justice is important.
- Commit to always treating others fairly and justly.
- Watch a movie with a social justice theme, such as The Hate U Give, Fruitvale Station, and Selma. Spread awareness for this important day on social media with #SocialJusticeDay
Understanding risk factors for heart disease and how to live a heart-healthy lifestyle are a part of practicing self-care for #OurHearts. Heart disease is the leading cause of death in the United States. But you can do a lot to protect your heart. Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease.

- Choose Heart Healthy Foods
- Aim for a Healthy Weight
- Get Regular Physical Activity
- Manage Sleep
- Quit Smoking
- Get Enough Good-Quality Sleep

*Thank you from Women United*

We would like to extend our gratitude to AARTH for always thinking of Women United/Pepper Pot Kinship Support Group. We love our self care bags and all the wonderful contents inside

--Alesia Cannady, President

*Pictured: L-R Debra Chester, Gloria Johnson, Cynthia Burns, Wendy Fortney. Absent: Sadie Pimpleton, Mae Edwards, Nina Smith, Betty Campbell*

*Thank you to our Sponsors*

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*