CONVERSATIONS ON BLACK WELLNESS
SAT, FEB 5 | 12:00-1:30 PM
Join AARTH in partnership with NAMI to engage in a community conversation about Black wellness. Dr. Washington-Harvey will address generational experiences and the journey of healing. Registration Required.

FRI, FEB 11 | 4:00-5:00 PM
This session is a part of the February 5th community leader conversation on community healing, and decolonization. Registration Required.

AFRICAN DANCE & RITUALS WITH FATIMAH MATEEN
WED, FEB 9 & 23 | 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. She is also the founder of the Rhythms & Rituals movement model, and owner of Integrity Solutions cultural products. A spa party featuring dance and nuances from the Senegal Gambia Region in West Africa.
Celebrate Black History

Each February, Black History Month is an opportunity to place special emphasis on the celebration of Black lives and voices. Below are just a few sites with events celebrating Black History:

- [https://www.naamnw.org/](https://www.naamnw.org/)
- [https://www.greaterseattleonthecheap.com/black-history-month-seattle/](https://www.greaterseattleonthecheap.com/black-history-month-seattle/)
- [https://www.northwestnaturalsexpo.com/](https://www.northwestnaturalsexpo.com/)

Soulful Cooking Demonstration

**FRIDAY, FEBRUARY 11 | 12:30 PM | ONLINE**

Take a lunch break, and cook with us! Join AARTH for a soulful, and nutritious cooking demonstration. Learn how to prepare a soulful dish under 60-minutes. This workshop is geared towards African American Seniors 55+, and unpaid caregivers 18+. However anyone is welcome to attend.

Let's Talk: RACISM in Healthcare

**THURSDAY, FEB 24 | 3:00 PM ONLINE**

Join AARTH in partnership with Harborview Medical Center to engage in a community conversation on racism in the healthcare system. Have you experienced racism while seeking or receiving medical care? We want to hear about your experiences and learn what changes YOU would like to see from the healthcare systems you engage.

Healthy Cooking with Chef Adunni

**SATURDAY, FEB 19 | 10:00 AM | ONLINE**

Join us as Chef Adunni demonstrates how to prepare Suya spiced lamb and winter veggies; using nature’s best ingredients. This is a great recipe for those living with hypertension, diabetes, high blood pressure, and other chronic diseases.

The first 2 people to register will receive Taste Tudor Special Seasoning Package. Free Fresh Health Food bag given to the first 20 participants compliments of the Emergency Feeding Program.
Did you know?
- The appointment only takes 15 minutes.
- You do not need a referral for an annual screening mammogram.

Eligibility
- You are eligible to get a mammogram if you are a woman and:
  - Age 40 and over
  - Have not had a mammogram in the past year
  - Do not have any symptoms in your breasts

Please bring:
- Your medical insurance card. Most insurance plans provide for an annual mammogram but please contact your medical insurance provider before your appointment to confirm your eligibility.
- A picture ID
- The name, phone number and address of your primary care provider.

Mental Health Certification
with the National Council for Mental Wellbeing
FRIDAY, MARCH 18 | 8:00AM - 3:00 PM
This training teaches you how to identify, understand and respond to mental illness and substance use disorders. Learn how to provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Seeking 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 angeileay@aarth.org for more information.

PPE Available
Do you or your church organization need any Personal Protective Equipment? We have surgical masks, hand sanitizer, Clorox disinfectant wipes, and N95 masks. Call the Front Office to arrange a pick up, 206.850.2070.
American Heart Month 2022

African American adults are more likely than white adults to develop high blood pressure earlier in life.

Find tips for control at cdc.gov/bloodpressure.

February is American Heart Month, a time when all people can focus on their cardiovascular health. Hypertension (high blood pressure), a leading risk factor for heart disease and stroke.

If you have high blood pressure, you can take action to control this condition and improve your health. But changing your lifestyle can be hard, barriers are plentiful, and you will need support. This support can come from your family, friends, and other members of your community.

THE UNIVERSITY OF WASHINGTON
is recruiting women without HIV infection
for a paid research study

We have identified a genetic marker in people of African descent that could increase the risk of acquiring HIV.

Genetic testing is required for study participation. Contact the UW Virology Research Clinic, 206.520.4340 or vrc@uw.edu.

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