



# AARTH COMMUNITY HAPPENINGS



Years of Service



DECEMBER 2024  
WWW.AARTH.ORG

## Take our Quick Survey & Make Your Voice Count!

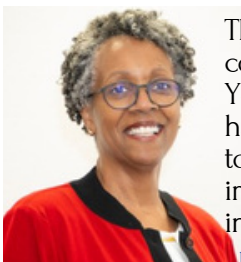


Be the Change Survey  
DEADLINE: JANUARY 15, 2025

AARTH is committed to improving the ability of communities within the African diaspora to better manage their health, partner with providers to improve their health outcomes, and positively contribute to the health of our community.

The information you provide will help inform AARTH about the type of health and social services we can provide for individuals who participate in our programs and services. Participants who complete the survey by January 15, 2025 will be placed in a raffle for a \$50 gift card. The [survey link](#) is on the AARTH website.

## With Grace & Gratitude



Thank you to everyone who contributed to AARTH's success in 2024. Your dedication, support, and efforts have been truly invaluable, and together we've made a meaningful impact. Here's to continuing this incredible journey of success in 2025!

Kathleen Wilcox, Executive Director

## Reminder Diabetes Self Management Workshop

CONTINUING ON SATURDAYS THROUGH DEC 14 | 10:00 AM | ONLINE

REGISTER FOR ALL WORKSHOPS at [www.aarth.org](http://www.aarth.org)

## TAKE THE RIGHTS PATH

Ending HIV through using a human rights agenda

**Keynote Speaker**  
**SHELEY SECREST**  
President of the NAACP Conference for Washington, Oregon, and Alaska

**SUNDAY**  
**DECEMBER 1, 2024**  
**6:30 PM**

Langston Hughes Performing Arts Institute  
104 17th Ave South, Seattle WA 98144

A light meal will be provided



**WE ARE HIRING**



## Come Grow With AARTH

The African American Reach and Teach Health Ministry (AARTH) is thrilled to announce the hiring of a new full time Training Coordinator to further enhance its mission of empowering people of the African diaspora through education, advocacy, and support.



# Season's Greetings from the AARTH Team!

As we reflect on this year, we are filled with gratitude for the joy, health, and resilience our community has shared. Your unwavering support and engagement inspire us daily as we work together to promote wellness and advocacy.

May this holiday season bring peace, love, and warmth to you and your loved ones. Here's to another year of health, empowerment, and positive health outcomes!

With heartfelt appreciation,  
The Staff of AARTH

## AARTH TEAM

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### Follow us on Social Media



## Closed for the Holidays!

AARTH will be closed for the holidays:  
Dec 25 - Christmas Day  
Jan 1 - New Year's Day

## The 4 Principles of Hand Awareness:

Yes, the power is in your hands to prevent COVID-19 and the Flu!



1. WASH your hands when they are dirty and BEFORE eating.
2. DO NOT cough into your hands.
3. DO NOT sneeze into your hands.
4. Above all, DO NOT put your fingers into your eyes, nose, or mouth.

The 4 Principles of Hand Awareness have been endorsed by the AMA and AAFP.



You still have time to register and design a 3' x 6' panel for the AIDS Memorial Quilt, honoring Blacks/African Americans who died from HIV in the Pacific NW.



AARTH's panel design

## 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.

