



GIVE BIG
MAY 5

Early Giving Starts April 28th - May 4th

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AARTH COMMUNITY HAPPENINGS



APRIL 2026
WWW.AARTH.ORG



Diabetes Self-Management Workshop

TUESDAYS, STARTS APRIL 7TH
11:00 AM-1:30 PM | ZOOM

This six week virtual Diabetes Self-Management Workshop supports individuals in learning practical tools to reduce stress and better manage life with various Diabetic conditions. Join AARTH each Tuesday for interactive guidance focused on coping skills confidence and long term well being.



Grocery Giveaway

WEDNESDAY, APRIL 15TH
2:00 PM-4:00 PM | RECEIVE
LOCATION AFTER REGISTRATION

In partnership with the New Beginnings Christian Fellowship Ministry, AARTH will be providing free food boxes containing a mix of perishable and non-perishable food items.

- Available for pickup
- No ID or proof of residence required

Please register if you are available to pick up your food box during event hours.



1-on-1 Technology Support Services

THURSDAY, APRIL 9TH & 23RD
10:00 AM-1:00 PM | 1111 HARVARD AVENUE, SEATTLE, WA 98122

AARTH is offering free one-on-one Technology Support Services to help community members feel more confident using everyday digital tools. Whether you need help with your smartphone, computer, email setup, social media, Zoom, or navigating online forms and apps, our team is here to guide you step-by-step.

Participants can book their time slot through the registration link. Join us to build your digital skills in a supportive, hands-on environment.

COME VISIT US.....



Supporting Our Teens Together

TUESDAY, APRIL 14TH
5:00 PM- 8:00 PM |

LENNY WILKENS RECREATION CENTER
3939 S. OTHELLO ST. STE. 101. SEATTLE WA 98118

Every Month Is Black History Month 2026

SATURDAY, APRIL 18TH
10:00 AM- 2:00 PM |

NW AFRICAN AMERICAN MUSEUM
2300 S. MASSACHUSETTS ST. SEATTLE, WA 98144





National Minority Health Month

How to Observe:

1. Walk for Better Health

Running a nearby errand? Skip the car and take a walk to boost your heart health and reduce pollution.

2. Set Simple Health Goals

Start small: Drink more water, sleep earlier, or add fruits and veggies. One habit can make a big difference.

3. Move Together as a Community

Invite friends or neighbors to walk, dance, or play. Staying active is easier and more fun together.

Continuing the Mission: A Leadership Transition



Kathleen Wilcox

It has been a profound honor to serve alongside so many dedicated supporters, volunteers, and funders and collaborators. I am deeply grateful for the trust you have placed in AARTH.

As I step into retirement, I do so with great confidence that the mission and spirit of AARTH will continue to grow and flourish. Thank you for being part of this journey and for continuing to stand with AARTH and the communities we serve.



Greetings AARTH Community,

My name is Shelia Braxton, and I am honored to join AARTH as your new Executive Director.

Serving others has always been my passion. Throughout my career as an Occupational Therapist, I've supported veterans, individuals working toward recovery, and seniors striving to live healthy, fulfilling lives. I strongly believe in the power of community—what we can't do alone, we can do together.

AARTH's commitment to addressing health disparities and uplifting marginalized communities deeply inspires me. I am grateful for the strong foundation built by those before me and look forward to continuing this important work alongside you.

Sincerely,
Shelia Braxton, Executive Director

AARTH TEAM

Shelia Baxton
Executive Director
SheliaB@aarth.org

Vinson Latimore
vinsonl@aarth.org

Ramona Shyne
Program Manager
ramonas@aarth.org

Ebony Harrison
Training Coordinator
ebonyh@aarth.org

Feben Girmai
Training Coordinator
febeng@aarth.org

Rena Cann
Office Administrator
renac@aarth.org

Kimberly Breland
Accountant

Yolanda Drew
Consultant
yolandad@aarth.org

Dr. Renee McCoy
Consultant

Physical Address
1111 Harvard Ave
Seattle, WA 98122
206.850.2070

Mailing Address
PO BOX 428
Renton, WA 98057



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.

