

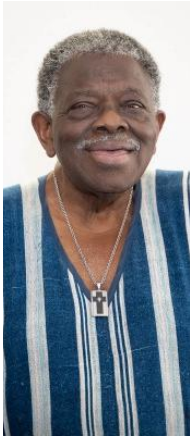


Fundraiser Brunch, Feb 2026

# AARTH COMMUNITY HAPPENINGS



MARCH 2026  
WWW.AARTH.ORG



## Chronic Disease Self-Management Program

TUESDAYS, UNTIL MARCH 3<sup>RD</sup>  
11:00 AM-1:30 PM | ZOOM

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



## Grocery Giveaway

WEDNESDAY, MARCH 18<sup>TH</sup>  
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.



## Money, Legacy, and Dignity: Financial Empowerment for LGBTQ

TUESDAY, MARCH 10<sup>TH</sup>  
12:00 PM-1:00 PM | ZOOM

We're excited to invite you to our upcoming workshop on financial empowerment designed specifically for older Black LGBTQ+ adults. Facilitated by Kenderick Richardson, this session will provide

practical tools and guidance on building financial security, creating legacy plans that honor your wishes, and navigating unique considerations for chosen family and shared assets.



## Soulful Cooking with Chef Adunni: Suya Spiced Lamb and Veggies

SATURDAY, MARCH 21<sup>ST</sup>  
11:00 AM-12:00 PM | ZOOM

Join us for a cooking demonstration where you'll discover the bold, smoky flavors of West African cuisine with Suya Spiced Lamb & Roasted Veggies.

This quick weeknight meal features tender lamb seasoned with authentic suya spices and colorful roasted vegetables. Chef Adunni will guide you through simple marinating and searing techniques, plus share tips for perfectly caramelized veggies.



# COME VISIT US.....



## RBAC's ( Rainier Beach Action Coalition) Rainier Beach Public Safety Town Hall

FRIDAY, MARCH 6<sup>TH</sup>  
5:00 PM- 8:00 PM |

THE ETHIOPIAN COMMUNITY IN SEATTLE 8323  
RAINER AVE S, SUITE A

## Greater Seattle (WA) Chapter of The Links, Incorporated – Health Fair.

SUNDAY, MARCH 15<sup>TH</sup>  
1:00 PM- 4:00 PM |

NEW BEGINNINGS CHRISTIAN FELLOWSHIP 19300 108<sup>TH</sup>  
AVE SE, KENT, WA 98031

# WE THANK YOU FOR SUPPORTING US



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## 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.

