Please join AARTH for our 6-week online, and interactive workshop. We will work through the process, transition, and manageability of living with Chronic Disease. An audio microphone, and video camera on your technical device is required to participate.

**Class Objectives:**
- Techniques to deal with the symptoms of chronic disease, fatigue, pain, stress, and depression
- Appropriate exercise, and healthy eating
- How to work more effectively with your health care providers
- Appropriate use of medication
- and more....

**COVID-19, Ableism, and Fatphobia Training part 3**

**MONDAY, SEPTEMBER 30 | 3:30-5:00 PM | ONLINE**

This series will examine the inequitable health outcomes for Black, fat, and disabled communities during the covid-19 pandemic. The historical context for these inequities and the historical impact on these particular groups, and the present and future implication of COVID 19 on multiply marginalized communities. Facilitated by ChrisTiana ObeySumner.
Rhythm & Ritual: Healing The Body with Storytelling Through African Music, Movement and Medicine

LIVE: CONGOLESE RUMBA LINGALA DANCE
WEDNESDAY, SEPTEMBER 22 | 4:00-5:00 PM | ONLINE

Guest Speaker 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. Learn how our expression of culture affects our health and how we treat each other.

THE LINGEN, A SOCIAL DANCE IMITATING A BIRD’S FLIGHT
WEDNESDAY, OCTOBER 22 | 4:00-5:00 PM | ONLINE

Two attendees will receive a thank you gift via mail!
All Participants have the options to receive a fresh & healthy food bag courtesy of the Emergency Feeding Program

What can you expect to learn/gain?
1. How to tap into ancestral healing
2. Historic healing practices
3. The benefits of muscle memory
4. Experience the connection between movement & healing

What materials should I bring?
1. A bowl or basket
2. Paper & Pencil for writing affirmations

What should I wear?
Comfortable clothing & shoes, we will be doing some light movements

REGISTER FOR ALL CLASSES & WORKSHOPS at www.aarth.org
UPDATED: Inslee issues two proclamations for facial coverings, vaccine requirements

- Proclamation 20-25 is amended to adopt the most recent face covering order issued by the Secretary of Health, Order 20-03.4. Under this order, every person in Washington must wear a face covering when they are in a place that is generally accessible to any person from outside their household, subject to specific exceptions and exemptions.

- Proclamation 21-14 (Vaccination Requirement) is expanded to include all WA State employees, on-site contractors and on-site volunteers at all public and private K-12 schools, public and private 2- and 4-year institutions of higher education, and early learning and child care programs serving children from multiple households.

The statewide mask requirement went into effect on Monday, August 23, 2021. Amendment to Proclamation 21-14 (Vaccination Requirement) is effective immediately.

PEER EDUCATORS NEEDED AT AARTH

AARTH is looking for volunteers to support upcoming community events. Volunteers are stipend for their participation. For more information contact TariqS@aarth.org. Training available.
Healthy Soulful Cooking Workshop
By Taste Tutor, LLC, Adunni Ogunlanoh, Chef, Owner
SATURDAY, SEP 18 | 3:00-4:00 PM | ONLINE

Join us as Chef Adunni demonstrates how to prepare plant based cornbread using nature’s best ingredients. This is a great recipe for those living with hypertension, diabetes, high blood pressure, and other chronic diseases.

Learn how to:
• Cook delicious, fast, and healthy meals.
• Marry different spices and foods that you can apply to all your future kitchen adventures.

Mental Health Certification
with the National Council for Mental Wellbeing
WEDNESDAY, SEPTEMBER 22 | 8:00AM - 4:00 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.

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