

Healthy Communities, Vibrant Cultures!

¡Comunidades Saludables, Culturas Vibrantes!



SEAMAR
FIESTAS
PATRIAS
2026



Sea Mar
Community Health Centers

September / Septiembre 19 - 20

www.seattlefiestaspatrias.org

   @seamarchc

WELCOME

Commemorating the independence of various Latin American countries with national holidays in September, Fiestas Patrias is a celebration of Latino heritage. The festival highlights centuries of tradition through art, music, dance, and culinary excellence that characterize our culture.

Hosted by **Sea Mar Community Health Centers** in collaboration with **Seattle Center Festál**, the festival will be held on September 19 and September 20. This free, public event at Seattle Center offers a variety of activities, including live performances, traditional folk dances, a health fair with free screenings, and authentic Latin American food. Guests can also enjoy children's programming, Zumba, and the Viva Art Exhibit.

The theme for 2026, “**Healthy Communities, Vibrant Cultures,**” highlights our shared resilience and the enduring cultural bonds that unite us across different regions of origin.

Enjoy the fiesta, and let's celebrate all the different colors!



BIENVENIDOS

En conmemoración de la independencia de varios países latinoamericanos con sus fiestas nacionales en septiembre, Fiestas Patrias es una celebración de la herencia latina. El festival destaca siglos de tradición a través del arte, la música, la danza y la excelencia culinaria que caracterizan nuestra cultura.

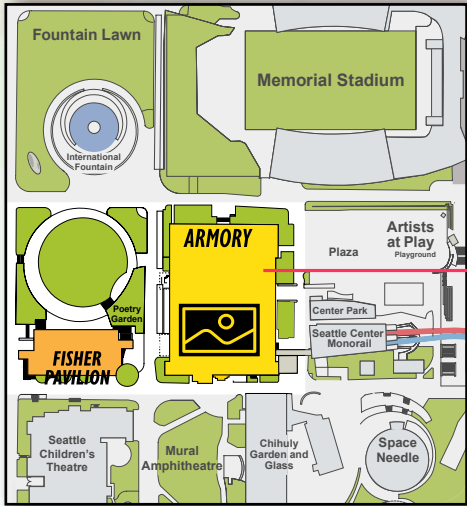
Organizado por **Sea Mar Community Health Centers** en colaboración con **Seattle Center Festál**, el festival se llevará a cabo el 19 y 20 de septiembre. Este evento público y gratuito en Seattle Center ofrece una variedad de actividades, que incluyen presentaciones en vivo, danzas folclóricas tradicionales, una feria de salud con exámenes gratuitos y auténtica comida latinoamericana. Los asistentes también podrán disfrutar de programación infantil, Zumba y la Exposición de Arte Viva.

“Comunidades Saludables, Culturas Vibrantes”, el lema de 2026, pone de relieve los vínculos culturales duraderos y la resiliencia colectiva que nos integran desde nuestras diversas tierras de origen.

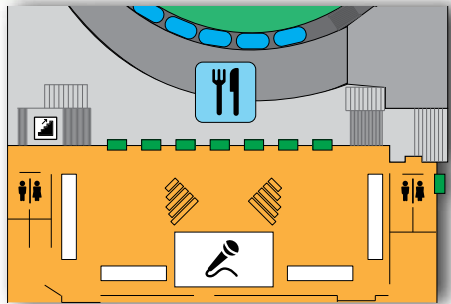
¡Disfruta de la fiesta y celebremos los diferentes colores de nuestra cultura!



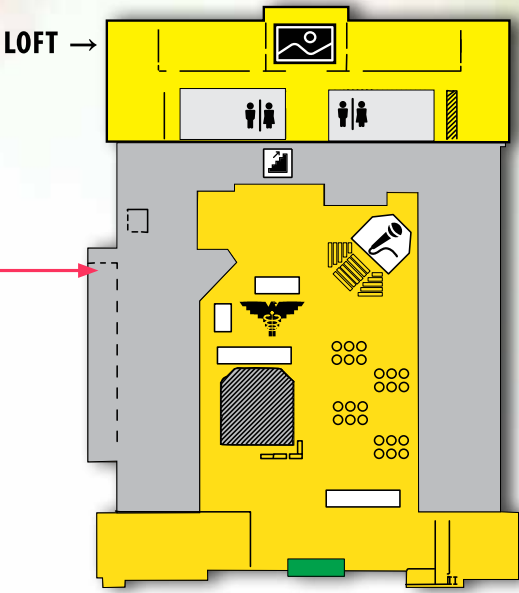
SEATTLE CENTER CAMPUS



SEATTLE CENTER FISHER PAVILION



SEATTLE CENTER ARMORY MAIN LEVEL



Stairs to 2nd Floor
2^{do} piso



Food area
Zona de comida



Bathroom
Baños



Stage
Tarima



Health Fair
Feria de Salud



Art Exhibitions
Exposiciones de Arte



Molina Healthcare proudly supports the 2026 Sea Mar Fiestas Patrias!

Together, we help the people in our communities that need us the most!



Visit us at [MeetMolinaWA.com](https://www.meetmolinawa.com) or scan the QR code to learn more.



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ACTIVITIES PROGRAM

SATURDAY 19		SUNDAY 20	
Armory – Main Level			
12:00 p.m. - 6:00 p.m.	Health Fair	11:00 a.m. - 6:00 p.m	Health Fair
12:00 p.m. - 6:00 p.m.	Zumba® Latin Fitness Fest	11:00 a.m. - 5:00 p.m.	Zumba® Latin Fitness Fest
12:00 p.m. - 6:00 p.m.	Vendor Booths	11:00 a.m. - 6:00 p.m	Vendor Booths
Armory- Loft (2 nd Floor)			
12:00 p.m.- 6:00 p.m.	Art Exhibit Viva Art Exhibit	11:00 a.m. - 6:00 p.m.	Art Exhibit Viva Art Exhibit
Fisher Pavilion Rooftop			
12:00 p.m. - 6:00 p.m.	Children Activities - Crafts - Bouncy Obstacle Course & Slide - Cotton Candy - Temporary Tattoos for Kids	11:00 a.m. – 6:00 p.m.	Children Activities - Crafts - Bouncy Obstacle Course & Slide - Cotton Candy - Temporary Tattoos for Kids
12:00 p.m.– 6:00 p.m.	Soccer Activities by Seattle Sounders FC	11:00 p.m.– 6:00 p.m.	Soccer Activities by Seattle Sounders FC
12:00 p.m. - 3:00 p.m.	Soccer Clinics - Seattle Sounders FC		
Fisher Pavilion			
1:00 p.m. - 7:00 p.m.	Entertainment Live Music	12:00 p.m. - 6:00 p.m.	Entertainment Live Music
7:00 p.m. - 9:00 p.m.	Entertainment Evening Dance		
12:00 p.m. - 7:00 p.m.	Vendors Food, crafts, jewelry, and other local vendors	11:00 a.m. - 6:00 p.m.	Vendors Food, crafts, jewelry, and other local vendors



**Soccer, prizes
and family fun!**

Join the fun at the RAVE Foundation and Seattle Sounders FC tents!

Enjoy soccer activities, fan giveaways, and free soccer clinics on Saturday from noon to 3 p.m. Plus, learn about the free Vamos Sounders Club
Don't miss your chance to receive a free soccer ball while supplies last!

LIVE ENTERTAINMENT

SEATTLE CENTER FISHER PAVILION

Saturday Sábado 19, 2026		Sunday Domingo 20, 2026	
1:00 p.m.- 1:50 p.m.	Surllajta Música Andina	12:00 p.m.- 12:50 p.m.	Miho y Diego Coy
2:00 p.m.- 2:45 p.m.	Bailadores de Bronce	1:00 p.m.- 1:45 p.m.	Caña Dulce (Costa Rica)
3:15 p.m. - 4:15 p.m.	Mariachi Wenatchee	2:00 p.m.- 2:40 p.m.	Rebeldes de la Cueva (Chile)
4:30 p.m. - 4:50 p.m.	Grito de Independencia	2:50 p.m.- 3:30 p.m.	Estampas de Guatemala
5:30 p.m. - 6:30 p.m.	Reales del Norte	3: 45p.m.- 4:45 p.m.	Miguel Angel Parra
7:00 p.m. - 9:00 p.m.	Sonora Dinamita	5:00 p.m.- 6:00 p.m.	Latino Twist



Surllajta Música Andina



Bailadores de Bronce



Mariachi Wenatchee



Miho y Diego Coy



Caña Dulce (Costa Rica)



Rebeldes de la Cueca



Latino Twist



COMMUNITY HEALTH PLAN
of Washington™

The power of community

CHPW salutes Sea Mar as a key partner in providing quality, comprehensive health, educational, and cultural services to diverse communities.

**Sirviendo orgullosamente
a los habitantes de
Washington desde 1933.**

Cada transacción contribuye a un cambio real y duradero—apoyando y fortaleciendo a las comunidades desatendidas en todo nuestro gran estado.

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ZUMBA®

Saturday, September 19

12:00 p.m. - 1:00 p.m.	Nex Playground - Zumba® : Fitness Party
1:00 p.m. - 2:00 p.m.	Zumba® Gold
2:00 p.m. - 2:30 p.m.	Nex Playground - Zumba® : Fitness Party
2:30 p.m. - 4:00 p.m.	Tropical Fiesta with Zumba Jammer Carlos "El Bachatu"
4:00 p.m.- 5:00 p.m.	Seattle Catrinas Festival
5:00 p.m.- 6:00 p.m	Nex Playground - Zumba® : Fitness Party

Sábado 19 de Septiembre

12:00 p.m. - 1:00 p.m.	Nex Playground - Zumba® : Fiesta de Fitness
1:00 p.m.- 2:00 p.m.	Zumba® Gold
2:00 p.m. - 2:30 p.m.	Nex Playground - Zumba® : Fitness Party
2:30 p.m. - 4:00 p.m.	Fiesta tropical con el animador de Zumba Carlos "El Bachatu"
4:00 p.m.- 5:00 p.m	Festival Catrinas de Seattle
5:00 p.m.- 6:00 p.m.	Nex Playground - Zumba® : Fiesta de Fitness

Sunday, September 20

11:00 a.m. - 12:00 p.m.	Nex Playground - Zumba® : Fitness Party
12:00 p.m.- 1:00 p.m.	Zumba® Kids with Shirley Acosta
1:00 p.m.- 2:00 p.m.	Bayano Group
2:00 p.m.- 3:00 p.m.	Zumba® with We Move to Give and Friends "Amor está Aquí"
3:00 p.m.- 4:00 p.m.	Fit Gipsy Dance instructor Izmet Barranco*
4:00 p.m. - 5:00 p.m.	Seattle Catrinas Festival

Domingo 20 de Septiembre

11:00 a.m. - 12:00 p.m.	Nex Playground - Zumba® : Fiesta de Fitness
12:00 p.m. - 1:00 p.m.	Zumba® Niños con Shirley Acosta
1:00 p.m.- 2:00 p.m.	Grupo Bayano
2:00 p.m. - 3:00 p.m	Zumba® con We Move to Give y Amigos "Amor está Aquí"
3:00 p.m.- 4:00 p.m.	Fit Gipsy Dance con la instructora Izmet Barranco*
4:00 p.m. - 5:00 p.m.	Seattle Catrinas Festival



Nex Playground
Zumba® : Fitness Party



Zumba® Gold



Carlos "El Bachatu"



Seattle Catrinas Festival



Shirley Acosta



Bayano Group



We Move to Give and Friends



Izmet Barranco

*It is a Flamenco-based dance fitness and therapeutic workout
8 Sea Mar / Fiestas Patrias

*Es un entrenamiento fitness y terapéutico de baile flamenco.





**Grand Marshal
Teresa Mosqueda**

SOUTH PARK PARADE: **Saturday, September 19, 2026 / 10:00 a.m. - 12:30 p.m.**

King County Councilmember Teresa Mosqueda is a lifelong advocate for working families, community health, and economic equity. As a Councilmember, she brings two decades of experience building coalitions and delivering progressive policy that improves lives across Washington state.

Before joining the Council, Councilmember Mosqueda served two terms on the Seattle City Council. There, she doubled investments in affordable housing, expanded worker protections for domestic and hotel workers, secured paid sick leave for app-based drivers, and boosted support for small businesses – especially those owned by women and people of color.

Earlier in her career, Councilmember Mosqueda spent nearly a decade at the Washington State Labor Council, AFL-CIO, representing over half a million union workers. She helped pass groundbreaking state legislation to raise the minimum wage, guarantee paid sick leave, expand health care access, and protect the rights of immigrants and workers.

At the Children's Alliance, she led the successful campaign to implement Apple Health for Kids, ensuring every child in Washington has access to health care, and advanced policies that promote early learning and healthy nutrition.

Councilmember Mosqueda's roots in public health run deep. After graduating from the University of Washington, she worked at Sea Mar Community Health Centers in South Park, serving Latino seniors with housing support, food security, health care, and community services – right here in District 8.

She is a current board member of the National Association of Hispanic County Officials (NAHCO) and previously served as a board member on both the National League of Cities and the Association of Washington Cities, helping shape local and national policy priorities.

Now raising her daughter in North Delridge with her husband, Councilmember Mosqueda is committed to building a more inclusive, healthy, and economically vibrant King County – where every resident has the opportunity to thrive.

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EV charging powered by Seattle City Light

Charging your EV in greater Seattle goes easy on our environment.

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Health Fair

SATURDAY & SUNDAY AT
THE SEATTLE CENTER ARMORY

Vital Health Screenings Blood pressure, height/weight, body mass index (BMI), visual acuity exam and immunization information	Cholesterol and Glucose Checks First come, first serve and results in minutes	Preventive Health Services Information about diabetes management, hypertension, smoking cessation, weight management, health life style
Oral Health Information Correct brushing technique demonstration, get your new toothbrush and floss for participating	Women, Infants and Children (WIC)/ Maternity Support Services (MSS) Breastfeeding and nutrition information, games and free giveaways	Behavioral Health Information about depression, anxiety, substance use, and available Sea Mar Behavioral Health services
Outreach & Enrollment Representatives Insurance and open enrollment information, register to vote	Care Management Information about services for patients who may need additional support	Cancer Prevention Answering questions related to colon, breast and cervical cancer, information regarding access to screenings for free
Home and Community Services Information on the home health program and senior services	Sea Mar's Human Resources Department Learn about job opportunities and employment benefits at Sea Mar	Fitness Feel the rhythm, burn calories, and have an amazing time at our Zumba® fitness session!

Don't forget to pick up your Health Passport and visit all health fair stations for a chance to WIN!*

RAFFLE ITEMS:

- Signed Latino Night Mariners Jersey:** Autographed by former player Rumbelow. Features Latin American country names incorporated into the team name, player name, and jersey number.
- Four admission tickets to the Seattle Aquarium**
- Four admission tickets to the Space Needle**
- \$50 Ivar's gift card**
- Family Fun Center voucher valid for 360 points towards rides and games**

***RAFFLE:** Attendees (18+) who visit all health fair stations can submit their health passport to participate in the drawing. The winners will be selected and announced on Monday, 09/21. You must provide your name, phone number and email to enter the raffle. (Sea Mar employees are not eligible to participate)

Feria de la Salud

SÁBADO Y DOMINGO EN EL
SEATTLE CENTER ARMORY

Exámenes de Signos Vitales Pruebas de presión arterial, altura/peso, índice de masa corporal (IMC), examen de agudeza visual e información de vacunas	Pruebas de Colesterol y Glucosa Reciba sus resultados en minutos. Se atiende por orden de llegada	Servicios de Salud Preventivos Información sobre el control de la diabetes, hipertensión, como dejar de fumar, control de peso y estilo de vida saludable
Información de Higiene Bucal Demostración de la técnica correcta de cepillado, obtenga un cepillo de dientes e hilo dental al participar	Mujeres, Infantes y Niños (MIC)/ Servicios de Apoyo a la Maternidad (MSS) Información sobre lactancia materna, nutrición, juegos y sorteos gratuitos	Salud Mental Información sobre depresión, ansiedad, uso de sustancias y los servicios de salud mental disponibles en las clínicas de Sea Mar
Difusión e inscripción Información sobre cobertura médica e inscripciones abiertas. Registrarse para votar	Gestión del Cuidado Información sobre los servicios para los pacientes que pueden necesitar apoyo adicional	Prevención del Cáncer Se responderán preguntas relacionadas con el cáncer de colon, mama y cuello uterino y se brindará información sobre el acceso a los exámenes de detección de forma gratuita
Hogar y Comunidad Información sobre el programa de salud en el hogar y servicios para personas mayores	Departamento de Recursos Humanos de Sea Mar Información sobre las oportunidades de empleo y beneficios en Sea Mar	Fitness ¡Siente el ritmo, quema calorías y pásalo genial en nuestra sesión de Zumba®!

No olvides tu Pasaporte de Salud y visita todas las estaciones de la feria de salud para tener oportunidad de ganar!*

ARTÍCULOS DE LA RIFA:

- 1. Camiseta autografiada de los Latino Night Mariners:** Autografiada por el exjugador Rumbelow. Incluye nombres de países latinoamericanos integrados en el nombre del equipo, el nombre del jugador y el número de la camiseta.
- 2. Cuatro entradas para el Acuario de Seattle**
- 3. Cuatro entradas para la Space Needle**
- 4. Tarjeta de regalo de Ivar's de \$50**
- 5. Cupón del Family Fun Center válido por 360 puntos para atracciones y juegos**

***RIFA:** Los asistentes mayores de 18 años que visiten todas las estaciones de la Feria de la Salud pueden presentar su pasaporte de salud para participar en el sorteo. Los ganadores serán seleccionados y anunciados el lunes 21 de septiembre. Debe dar su nombre, número de teléfono y correo electrónico para participar. (Los empleados de Sea Mar no son elegibles para participar)

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.....
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