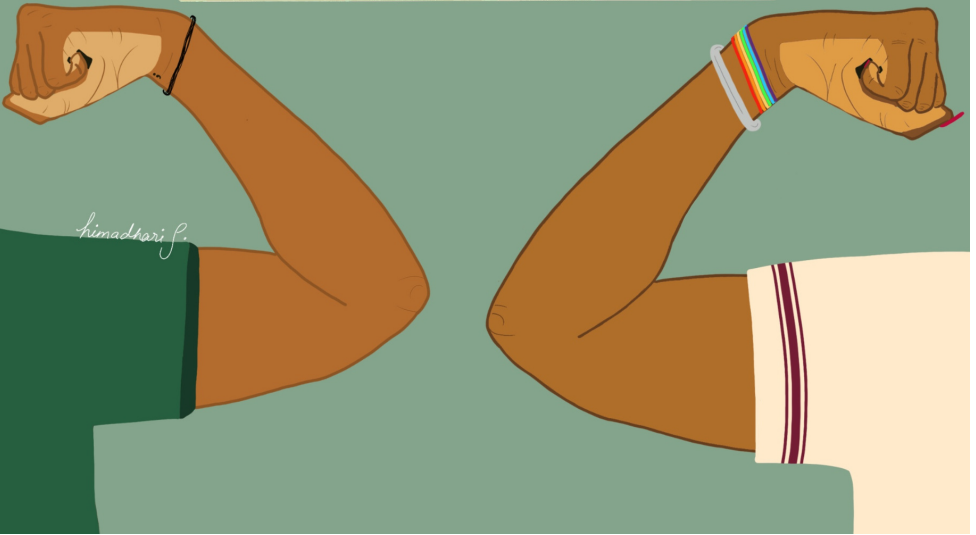


SA Wellness Body & Mind Workshop:
Work out to Recharge



**DosAA is hosting a Body & Mind Fundraiser (The Sikh Family Center)
Workshop:**

June 26th, 2021, 1:00 PM - 2:00 PM PST.

**This workshop will include a 30-minute zoom workout led by:
A Professional Licensed Trainer, Ahsan Hossain.**

**There will also be a wellness talk on the importance of taking care of yourself
physically and mentally by:**

DoSAA's Chair: Pooja Mamidanna, LMFT.

SA Fitness Coaches: Ahsan Hossain & Christina Davis.

Sign up link for the workshop:

<https://forms.gle/vFxoRmiHc2yZqDpM8>

Meet our Panelists:



Pooja Mamidanna, MSC, MA
LMFT, Therapy Now SF, (CA)
Chair, DoSAA

Moderator of this Panel

Pooja's clinical experience includes substance use, crisis residential treatment facilities, and community mental health outpatient clinics (children, adolescents, young adults, older adults, and the elderly population). Pooja's research interests include multicultural psychology, grief, loss, intergenerational, and complex trauma.



Ahsan Hossain

Ahsan Active is an Online Fitness Coach and Personal Trainer based out of Los Angeles CA. Over the last 3 years, he's helped hundreds of SouthAsians get fit without giving up the foods that they love! His methodology focuses on creating sustainable habits and he's created his own recipe books which are free of charge for all of our audience members!



Christina Davis

Christina is an entrepreneur, fitness coach, and social media personality based from Los Angeles, CA. Christina is the co-founder of Partial Media, a video production company specializing in films, fitness videos, music videos, and more. She loves helping her clients achieve their goals through creative and fitness mediums alike, and uses her social media platform to highlight key issues such as social activism, fitness/lifestyle, and mental health awareness. Christina just moved to Los Angeles from San Francisco, and is stoked to get to know her new home!



About the Fund Raiser:



We are horrified and grief-stricken by the multiple tragedies that have taken place in the last year in the Sikh community. As an organization, we unequivocally condemn acts of hate and violence and commit to supporting victims, families, and communities hurting during these difficult times.

For many individuals and communities, religion and spirituality are fundamental components of psychological and community health. As such, we are especially concerned about the persistent onslaught of violence impacting ethnic, racial, and religious minoritized communities, both within the U.S. and abroad.

We urge our membership to remain vigilant and sensitive to the loss of safety felt in our community and workplace. We support our Sikh members in engaging in personal and community care. Your longevity in these times of heightened stress is important.

We must engage in the active support of our Sikh community. The DoSAA EC is hosting this fundraiser in solidarity with our Sikh community.

All proceeds of the fundraiser will be donated to :

The Sikh Family Center.



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SikhFamilyCenter.org

We must advocate for culturally informed support and resources for the Sikh community so that they can heal collectively from these tragedies. We must also remain vigilant in our roles as bystanders to the growing hate in the people around us and when we are faced with racism. We stand in solidarity with our Sikh American families.



Donation for the Fund Raiser:

Sikh Family Center



Sikh Family Center promotes community health and well-being with a special focus on gender justice. They provide trauma-centered interventions for victim-survivors of violence while working to change the social and cultural conditions that allow gendered violence to occur in the first place. Their training, outreach, and advocacy are grounded in cultural tradition, grassroots power, and intergenerational healing.

DoSAA's Donation Link:



<https://www.paypal.com/donate>

[/?
hosted_button_id=4MSMYX53T
HQMU](https://www.paypal.com/donate/?hosted_button_id=4MSMYX53T HQMU)