



Connect India - 2018

AshaUSA.org

About Organization

- **Mission:** To Promote Health and Harmony in the South Asian community living in Minnesota.
- AshaUSA **programs and services** can be grouped into three broad categories – **programs, research and education.**
 - **Youth:** Programs for high school kids (leadership development, college preparedness, communication skills etc.)
 - **Seniors:** Monthly event for seniors (HUM) to mingle and enjoy each others company.
 - **Mental Health Matters:** Increase awareness about mental health and remove stigma associated with mental illness.
 - **Research:** On various health issues pertinent to South Asian Community in Minnesota.
 - **Education and Awareness:** Presentations on South Asian culture at schools, Universities, healthcare settings including police departments and legal professionals.

Organization Events Calendar

- Every 3rd Thursday of the month: HUM Get together for Seniors
- Every 3rd Saturday of the month: Chai & Chat (community support group)
- April 8, 2018 : Zestful Living .. Live Well, Eat Well, Relax Well (all day event focused on healthy living)
- May 12, 2018 : Annual Film Festival focused on increasing awareness about mental health in the community
- Sept 16, 2018 : AshaUSA's Annual Gala Event
- Sept, 2018 : NAMI Walk to increase awareness about mental health

Organization Contact Information

- Contact us at www.ashausa.org
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