FOR IMMEDIATE RELEASE
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ASIAN AMERICAN BAR ASSOCIATION OF NEW YORK HOSTS INAUGURAL WELLNESS DAY AT BROOKLYN LAW SCHOOL DURING MINORITY MENTAL HEALTH AWARENESS MONTH

NEW YORK – July 24, 2023. On Saturday, July 22, 2023, the Asian American Bar Association of New York (“AABANY”) held its inaugural Wellness Day at Brooklyn Law School during Minority Mental Health Awareness Month, in support of AABANY’s theme, “Embracing Wellness and Well-Being – Strengthening the Legal Profession by Investing in Ourselves.”

With the pandemic, anti-Asian hate, and stress of life and the legal profession, AABANY hopes to help destigmatize mental health and highlight the importance of self-care, by raising more awareness and discussion. “I am thankful for the support of our generous speakers, sponsors and legal community, as we come together in solidarity to build a strong support group embracing wellness and well-being,” said Karen Kim, AABANY President. “My hope is that we become less apologetic about prioritizing ourselves and recognize the importance of each of our well-being and health, and in turn, better serve our clients and communities.”

Wellness Day was a hybrid event, with speakers and attendees joining in-person and remotely, for an inclusive day in a casual, safe setting. Speakers discussed topics including mindful embodiment, burnout, mental health, how to find a therapist, resilience and signs to look out for to help themselves, family and peers.

Wellness Day Speakers shared their expertise and personal journeys:

Anu Gupta, BE MORE with Anu
Alice Zhang, Anise Health
Dr. Nadine Chang, Gracie Square Hospital
Ona Lu
Maggie Poon, American Express
Pema Sherpa, Pema Solutions
Alexander Su, Ironclad
Karen Kim, QBE North America
Yang Chen, AABANY
Hon. Sanket J. Bulsara, U.S. District Court (E.D.N.Y.)
Susan Jin Davis, Al Roker Entertainment
Concepcion A. Montoya, Hinshaw & Culbertson
Vincent Chang, Wollmuth Maher & Deutsch

Wellness Day Sponsors:

Brooklyn Law School
Anise Health
BEMORE with Anu
Wellness Day was co-sponsored by more than a dozen bar associations. Many bar leaders showed their support by attending Wellness Day, including NYSBA President-Elect Domenick Napoletano, JLG President Ronald Katter, HALANY President Madjeen Garcon, APALA-NJ President Francis W. Yook, former FALA New York President and one of its founders, Concepcion A. Montoya, and former AABANY and NYCLA President Vincent Chang.

In addition, Wellness Day was attended and supported by numerous judges, including Hon. Lillian Won, Associate Justice, Appellate Division, Second Department, Hon. Sanket J. Bulsara, U.S. District Court (E.D.N.Y), Hon. Zainab Chaudry, New York Court of Claims, Hon. Richard Tsai, Civil Court of the City of New York, and Hon. Sally Woo, NYS Department of Labor, Unemployment Insurance Appeal Board.

Wellness Day Advocate Sponsor, KEB Hana Bank USA showed their support with the attendance of Andrew Sul, Head of Retail Banking and Senior Vice President, together with several others from the bank, including Kwang Ki Kim, Senior Market Manager.

ABA Well-Being Pledge Campaign member and Wellness Day Supporter sponsor, Faegre Drinker further showed their support with the attendance of Partner Tracey Salmon-Smith.

AABANY will have more events and discussions on mental health and well-being throughout the year. For more information, please contact Yang Chen, AABANY Executive Director, at (646) 653-2168, or direct any inquiries to main@aabany.org.
The Asian American Bar Association of New York is a not-for-profit 501(c)(6) professional membership organization of attorneys concerned with issues affecting the Asian American and Pacific Islander (AAPI) community. Incorporated in 1989, AABANY seeks not only to encourage the professional growth of its members but also to advocate for the AAPI community as a whole. AABANY is a New York regional affiliate of the National Asian Pacific American Bar Association (NAPABA).