



**FOR IMMEDIATE RELEASE  
July 24, 2023**

**Contact: Yang Chen, Executive Director  
(646) 653-2168**

**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

Ironclad  
Pema Solutions

Advocate Sponsor: KEB Hana Bank USA

Supporter: Faegre Drinker

Co-Sponsoring Bar Associations:

Asian American Judges Association of New York (AAJANY)  
Asian Pacific American Lawyers Association of New Jersey (APALA-NJ)  
Filipino American Lawyers Association of New York (FALA New York)  
Haitian American Lawyers Association of New York (HALANY)  
Jewish Lawyers Guild (JLG)  
Judges & Lawyers Breast Cancer Alert (JALBCA)  
LGBT Bar Association of New York (LeGaL)  
Korean American Lawyers Association of Greater New York (KALAGNY)  
Network of Bar Leaders (NoBL)  
New York County Lawyers Association (NYCLA)  
New York State Bar Association (NYSBA)  
The South Asian Bar Association of New Jersey (SABA-NJ)  
South Asian Bar Association of New York (SABANY)

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](mailto: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).*