We are an all-volunteer organization.

Our dedicated team of experts will help you navigate access to resources for a dignified, healthy, happy life.

We are all-inclusive with a focus on South Asians.

OUR MISSION

To help you on your journey towards SUKHAM – to find fulfillment, peace, joy and contentment.

Please contact us to:
- Learn more about us
- Host a SUKHAM workshop or event
- Volunteer
- Donate to our cause

CONTACT US

email: sukhaminfo@gmail.com

Visit our website https://www.sukham.org

SUKHAM

“Live Healthy, Age Well, Find Peace and Joy”

Sukham is a trusted resource for information, education and guidance for living and aging well while preparing for life’s transitions

We partner with community and national organizations to educate, empower, enable

Registered California 501c(3) corporation
Sukham promotes best practices for improving your health and wellbeing. It is never too early to start!

Adopt Sukham’s “Age Well” path: consider, confront, discuss and plan for aging and illness. Live life to the fullest!

**HEALTHY AGING AND LIVING WELL**

**PREPARING FOR LIFE’S TRANSITIONS**

Information, workshops, & curated resources for:
- Advance Care Planning
- Cognitive vitality and successful aging
- Coping with stress
- Eldercare and dementia support
- Healthy Living
- Loss and bereavement
- Mind, Body, Soul & Spirit
- Palliative and Hospice Care
- Work-life balance

**WE OFFER**

“Live Healthy, Age Well, Find Peace and Joy”

**AGING, COGNITION AND DEMENTIA**

Sukham offers information on recognizing warning signs of cognitive impairment and dementia. Learn about the importance of early diagnosis, caregiver education and support.

**ILLNESS, PALLIATIVE AND HOSPICE CARE**

Seek guidance to deal with serious illness, cope with reduced functionality, navigate the health system, and deal with the loss of loved ones.