



ABOUT US

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>



“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

HEALTHY AGING AND LIVING WELL

Sukham promotes best practices for improving your health and wellbeing.

It is never too early to start!



PREPARING FOR LIFE'S TRANSITIONS

Adopt Sukham's "Age Well" path: consider, confront, discuss and plan for aging and illness.

Live life to the fullest!



WE OFFER

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



**"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.