



NAAPIMHA.org



## SAVE THE DATE

Advisory

Dear Friend:

### Laughter the Best Medicine

The National Asian American Mental Health Association (NAAPIMHA) and Asian Pacific Islanders with Disabilities of California (APIDC) will be hosting the first annual “Laughter is the Best Medicine” benefit program.

**When:** May 21<sup>st</sup>, Saturday  
**Time:** 6pm to 10pm  
**VIP Reception:** 10pm to midnight  
**Where:** George Washington University in Washington D.C.

Laughter is the Best Medicine will bring together people who are passionate about improving the quality of life for Asian Americans, Native Hawaiians, and Pacific Islanders. The evening will include three comedians, a band, and special surprises! Through laughter and celebration, NAAPIMHA and APIDC strive to raise awareness about mental health and physical disabilities. Together, we will open our hearts and minds to understand the struggles in our communities and provide them with the support that they deserve.

We look forward to your support.

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D.J. Ida, Ph.D.  
Executive Director  
NAAPIMHA

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Daphne Kwok  
Executive Director  
APIDC

For more information about the Laughter is the Best Medicine event, please contact JR Kuo at [jrkuo2010@naapimha.org](mailto:jrkuo2010@naapimha.org) or cell: (626) 848-4189



National Asian American  
Pacific Islander  
Mental Health  
Association

**NAAPIMHA.org**



**APIDC**  
Asian and Pacific Islanders  
with Disabilities of California

### **About NAAPIMHA:**

The mission of NAAPIMHA is to improve the mental health of Asian Americans, Native Hawaiians and Pacific Islanders living in this country. NAAPIMHA has been a leading advocate on mental health and continues to work closely with community based organizations, researchers, service providers, and policy makers at the local, state and national levels. For information about NAAPIMHA, please contact D.J. Ida at [djida@naapimha.org](mailto:djjida@naapimha.org).

- Office Number: (303)298-7910
- Website: [www.naapimha.org](http://www.naapimha.org)

### **About APIDC:**

The mission of APIDC is to give a voice and a face to Asian Americans & Pacific Islanders with physical and mental disabilities. Our goals are to help break down the service and cultural barriers faced by APIs with disabilities; to provide APIs with disabilities and their families with knowledge; to create a community network for empowerment and independence. We offer an information clearinghouse; leadership development; data collection and analysis; and policy development and advocacy. For information about APIDC, please contact Daphne Kwok at [Dkwok@apidisabilities.org](mailto:Dkwok@apidisabilities.org)

- Office Number: (510)459-4228
- Website: <http://www.apidisabilities.org>

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