

## [AAPI Heritage Month event with Yoga In Our City and Mental Health CT](#)



In honor of Asian-American and Pacific Islander Heritage Month, the Commission on Women, Children, Seniors, Equity, and Opportunity (CWCSEO) along with Mental Health CT and Yoga in our City partnered to kick-off this year's yoga city classes that took place during the summer throughout the State of Connecticut. Yoga In Our City is a non-profit program providing high quality yoga instruction and wellness education – highlighting cultural awareness around yogi practices and emphasizing mental wellness and holistic wellbeing.

## ["Off the Menu: Asia America" Documentary](#)

In 2015, award-winning filmmaker Grace Lee created this documentary that explores culture through the context of cuisine: what exactly does food reflect about Asian Pacific Americans? Off the Menu: Asian America grapples with how family, tradition, faith, and geography shape our relationship to food. The program takes audiences on a journey from Texas to New York and from Wisconsin to Hawaii using our obsession with food as a launching point to delve into a wealth of stories, traditions, and unexpected characters that help nourish this nation of immigrants.