

## AWCA Launching YouTube Channel –AWCA Life

For celebrating and commemorating its 40th anniversary, AWCA launched its YouTube channel “*AWCA Life*.”

Congratulations on the 40th anniversary of serving the local community with women's leadership, and thank you to the supporters, volunteers, and members who have been with AWCA. We look forward to the 40th anniversary of ‘Serving for the Future centered on the Practice of Love in Action.’ We serve every individual in need, within and beyond Bergen County, New Jersey. We look forward to your continued interest and support.

How to watch *AWCA Life*:

1. Go to the AWCA homepage and click the first screen, *AWCA Life* Banner.
2. Open YouTube and type *AWCA LIFE* in the search bar to enter.
3. Type [www.youtube.com/awcalife](http://www.youtube.com/awcalife) to be directed to our channel.
4. Call AWCA and we will assist you with accessing our page.

Program description

### 1. Social Welfare News



AWCA LIFE Team and Anchorwoman Mi Kyung Je bring you featured news weekly on various social welfare services and programs updates, from 2020 Census to COVID-19, NJ Unemployment, 2020 Election, and more.

### 2. AWCA Classroom – Line Dance & Yoga



**Line Dance** - AWCA Dance Instructor, Ann Choon Lim, teaches easy line dances to exciting songs for beginners to experienced people. Follow at home daily, boost your mood and get your body moving.



**Daily Stretching & Yoga** – AWCA Yoga Instructor, Joan Lee, teaches full-body stretches. Follow at home or work daily to stimulate the brain and body for a more happy, energetic and productive day.

### 3. Social Service Consultation



AWCA President, Mi Kyung Je, consults with Social Welfare Counselor, Frank Lee, who explains social welfare related issues in detail on a case-by-case basis and provides necessary assistance, especially with Seniors Assistance.

#### 4. Her Stories (Volunteerism)



AWCA Executive Director and President, Jasmine Mi Kyung Je, AWCA Chair Julie Dines, and AWCA Board of Directors members introduce their volunteerism stories serving for the future and love in action at Asian Women’s Christian Association under women’s leadership.

#### 5. Health & Dementia & Dental



**Health & Dementia Prevention** - AWCA President, Mi Kyung Je, speaks with Neurology Specialist of Englewood Hospital, Yoon Bum Choi, M.D., who explains health and dementia diagnosis, prevention, and treatment in easy to understand language.



**Health & Dental** – AWCA President, Mi Kyung Je, speaks with Clinical Director of Englewood Dental Residency Program, Dr. Anna Hong, about health, dental care and dentistry.

#### 6. 2020 Census



AWCA staff and volunteers encouraged public outreach for the 2020 Census participation online, by phone, and in person as they delivered Angel Food Baskets during COVID-19 and opened mobile kiosks in five Bergen County towns of Ridgely, Palisades Park, Cliffside Park, Edgewater and Englewood.