



HOLISTIC  WELLNESS  
PROGRAM

# Cross Cultural Workshop

## A little bit of Punjab

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Exploring the vibrant culture of Punjab!

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October 24, 2024

1:30-3:00pm

Holistic Wellness Program

4867 E Cesar Chavez Blvd Fresno, CA 93727

Space will be limited. Call to RSVP at  
(559) 255-8395



This engaging session will be presented by our  
Cultural Broker, Jasleen Kaur

During this workshop, you will have the opportunity to

- \*Discover the history and traditions of Punjab
- \*Learn about the colorful festivals and celebrations
- \*Learn about traditional Punjabi music and dance
- \*Enjoy a sampling of a Punjabi dish



The Holistic Wellness Program is a Program of  
Fresno County Department of Behavioral Health,  
Operated by The Fresno Center



THE FRESNO  
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DEPARTMENT OF  
BEHAVIORAL  
HEALTH