**FOR IMMEDIATE RELEASE**

**Fresno Community Healing Sessions**

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Fresno, Ca. On February 20, 2020—FRESNO COUNTY

It was heavily reported that on Sunday, November 17, 2019 a mass shooting occurred when shooters walked up and began shooting during a social gathering in southeast Fresno - 4 were fatally wounded: singer Xy Lee , 23; Phia Vang, 31; Kou Xiong, 38; and Kalaxang Thao, 40, and 6 others injured. This event impacted our Fresno Community.

Our Community is coming together in healing across cultures and faiths as this mass shooting, along with other senseless acts of violence, has impacted our Fresno Community. Each experiences these awful events their own way, grieves at their own pace, but with support from Wells Fargo and Kaiser Permanente, The Fresno Center –Holistic Cultural and Education Wellness Center, Stone Soup Fresno, FUSD, Namaste for Compassion, Fresno Pacific University – Center for Peacemaking, we are coming together for healing sessions. Our healing sessions begin this Friday and conclude Saturday afternoon.

We invite seekers and healers of all disciplines to join in a friendly non-judgmental space. These sessions have 2 goals: 1) To be reminded---concretely and practically---how connected we are as human beings 2) To practice the skills of healing and tending to our own trauma

Healing session: Friday, February 21, 2020 NORTH HALL - FRESNO PACIFIC UNIVERSITY

1717 S. Chestnut Ave Fresno, CA 93727. The evening will start off with a Community Wellness Fair, followed by yoga, mindfulness, & activities. Healing will flow into live music from some of the best artists in our community!

Community Wellness Fair @ 5:30pm

Yoga & Mindfulness Session - FREE Yoga Mats Provided @ 6:30pm

Tai Chi @ 7:30 p.m.

Live Music @ 8:00 p.m.

Healing Session: Saturday February 22, 2020 - SPECIAL EVENTS CENTER/GYM -FRESNO PACIFIC UNIVERSITY 1718 S. Winery Ave Fresno, CA 93727

Hand-tying ceremony from 8:00 a.m.- 12:00 p.m.

We will begin with breakfast prayer @ 8:00 a.m. and lead into a cultural blessing, including community cultural hand- tying

Many of our city elected officials, along with community leaders will be present and participate in healing sessions.

**About The Fresno Center: 501C3 non-profit organization**

Founded in 1991, the mission of The Fresno Center is to assist individuals in becoming self-sufficient, self-fulfilled, and productive members of the community while fostering cultural preservation and promoting cross-cultural understanding. It has a long-standing history of providing traditional and culturally competent, and linguistic services to the growing needs of underserved and unserved, low income residents in Fresno County.

For more information, contact Cheri Cruz, Public Relations Director: 559-269-6455 cheri.cruz@fresnocenter.org