

# ANNUAL REPORT 2023

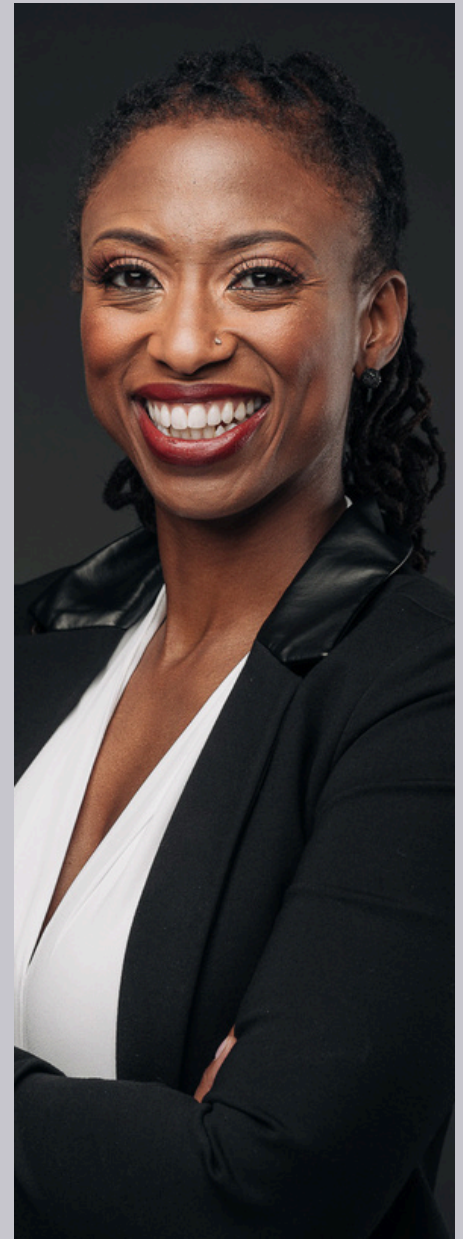


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# SUMMARY

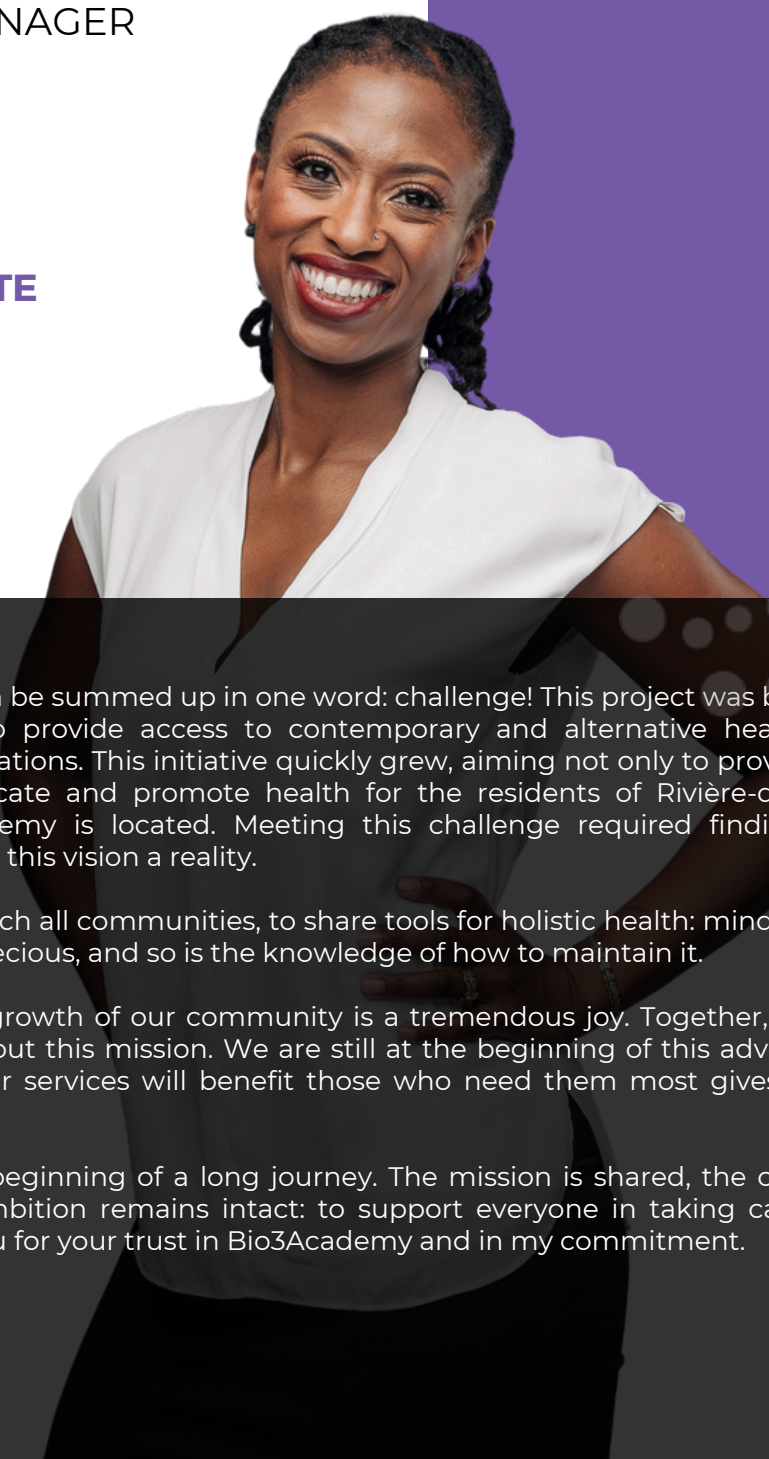
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# A WORD FROM THE PRESIDENT

GENERAL MANAGER

**SYLVIE CALIXTE**



The past year can be summed up in one word: challenge! This project was born from a simple desire: to provide access to contemporary and alternative healthcare for vulnerable populations. This initiative quickly grew, aiming not only to provide access, but also to educate and promote health for the residents of Rivière-des-Prairies, where Bio3Academy is located. Meeting this challenge required finding trusted partners to make this vision a reality.

Our goal is to reach all communities, to share tools for holistic health: mind, body, and soul. Health is precious, and so is the knowledge of how to maintain it.

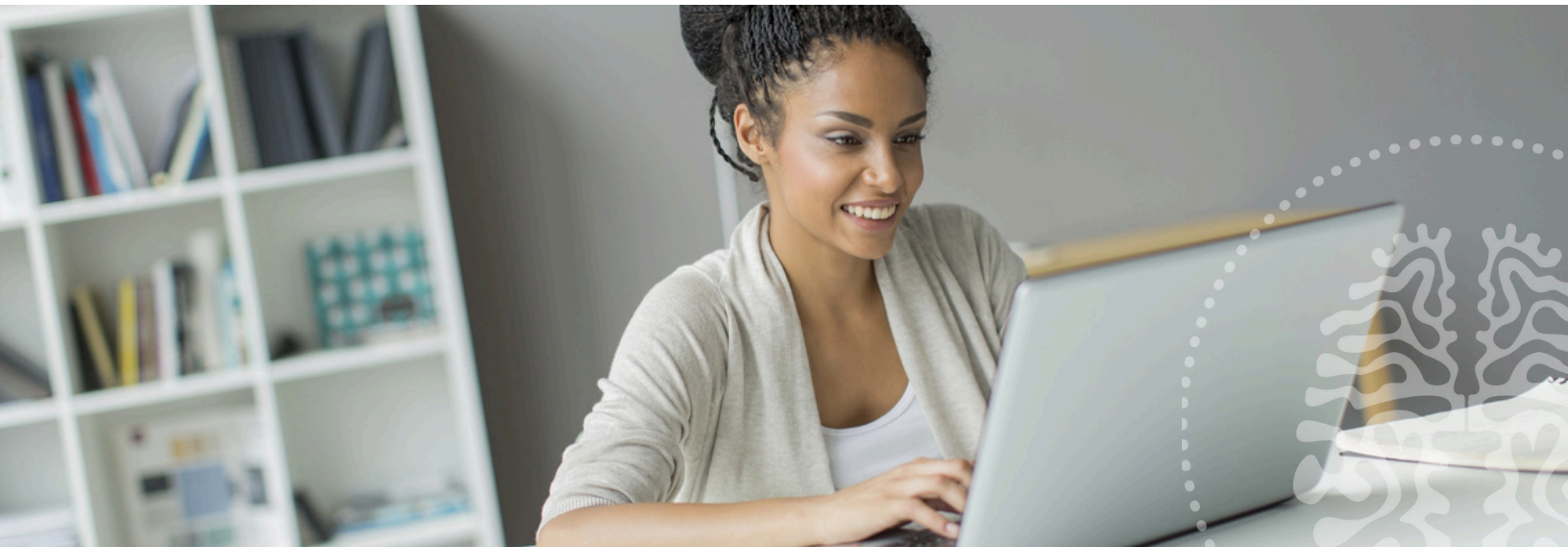
Witnessing the growth of our community is a tremendous joy. Together, as a team, we are carrying out this mission. We are still at the beginning of this adventure, but knowing that our services will benefit those who need them most gives me great satisfaction.

This is only the beginning of a long journey. The mission is shared, the challenge is met, and the ambition remains intact: to support everyone in taking care of their health. Thank you for your trust in Bio3Academy and in my commitment.

Yours in health,  
Sylvie Calixte

# DESCRIPTION OF THE ORGANIZATION

Bio3Academy is a non-profit organization that positions itself as a driver of social transformation in global health. We adopt an innovative approach, combining education, prevention, and support to empower individuals to regain control of their well-being. Our holistic vision of well-being goes beyond the mere absence of disease; it encompasses the physical, mental, and spiritual development of each person. We create spaces where personal transformation is accessible to all, eliminating social and economic barriers.



## OUR MISSION

Bio3Academy's mission is to trigger profound transformations in the way individuals and communities approach health. We educate, support, and equip people so they can take action on their well-being, while promoting a preventive model that fosters autonomy and equitable access to resources in Quebec and internationally.

# TRANSFORMA



# OUR VISION

We aspire to a society where every individual can achieve a sustainable life balance, with access to tools and opportunities that foster their personal development. Bio3Academy envisions a world where health is not just a privilege, but a fundamental right, accessible to all, allowing everyone to realize their full potential as agents of change.



# OUR VALUES

## HOLISTIC TRANSFORMATION

We believe in a transformation that integrates all dimensions of a person – body, mind, and soul.

## EMPOWERMENT

We encourage each individual to become the architect of their own health, by providing them with the means to empower themselves.

## EQUITY

We fight for fair and inclusive access to well-being resources, so that everyone can prosper without distinction.

## SOCIAL INNOVATION

We are developing new and bold approaches to address healthcare challenges, placing people at the center of our actions.

## SERENITY

We value the pursuit of inner peace that fosters resilience and stability in a constantly changing world.

# OUR SOCIAL ROLE

Bio3Academy embodies a new way of thinking about health in our communities. As a transformative agency, we offer pioneering solutions that redefine prevention and well-being. Our approach emphasizes collaboration and social innovation to generate lasting impact, supporting individuals in taking control of their health and strengthening communities in their ability to thrive.



## OUR PRIORITY AREAS OF ACTION

1

**TRANSFORMATIVE EDUCATION:** Offer training programs that redefine the way we approach health and well-being, integrating scientific and ancestral knowledge to inspire lasting transformation.

2

**INNOVATIVE ACCESSIBILITY TO CARE:** Offer accessible health services adapted to contemporary needs, combining health coaching, alternative therapies, and wellness practices for a holistic experience.

3

**SUPPORT FOR EMERGING SOCIAL INITIATIVES:** Support new non-profit organizations in their development by providing them with resources, spaces, and a social innovation framework to amplify their impact.

4

**PROMOTING INCLUSIVE WELL-BEING:** Create collective initiatives that foster social inclusion, community connection, and holistic health, while reinventing spaces for healing and personal transformation.

# OUR SERVICES



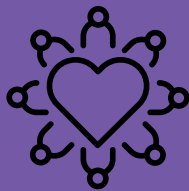
Training workshop on the 8 pillars of well-being (hybrid) for all ages and ethnicities



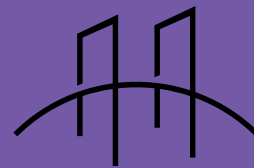
Introduction to fitness for all ages and ethnicities



Access to the following services: mental health coaching, occupational therapy, kinesiology, massage therapy, meditation, qigong, stretching



Support for new non-profit organizations (NPOs) with shared values by offering them rental space



Building a bridge between Canada and the international community through retreats and educational stays focused on holistic health. These stays offer renewal, fitness, and personal development



# PROVISIONAL BOARD OF DIRECTORS 2020-2024

On July 29, 2020, the creation of a provisional board of directors marked a turning point for our organization, with the adoption of the new name, Bio3Academy, replacing the former name, the **Human Rights Movement**.

This board, composed of **Daphney Laraque**, **Dickens Lambert**, and **Sylvie Calixte**, committed to carrying out our mission of education and global health.

On March 31, 2021, a federal grant of \$87,369 was awarded for the renovation of the premises we had just rented. This financial support made it possible to develop a space suitable for offering educational workshops, rehabilitation treatments, and low-cost physical activity groups. In addition, the grant opened up the possibility of renting spaces to other non-profit organizations sharing similar objectives.

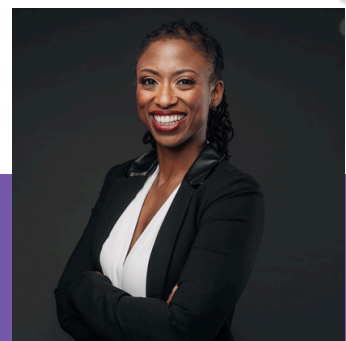
On May 30, 2024, adjustments to the interim board of directors were made to reflect the new composition of the board, thus ensuring the continuity of our mission and the development of Bio3Academy.



**CHRISTINA SERPA**



**DICKENS LAMBERT**



**SYLVIE CALIXTE**

Since then, discussions around rehabilitation training have resumed, motivated by our mission to offer programs combining naturopathy, massage therapy, and occupational therapy.



# MEMBERS OF THE 2023 FOUNDING GROUP



**MARIE ACHILLE**

Event Organizer



**NÉHÉMIE BIASSOU**

Social Communication  
Agent Supervisor



**SYLVIE CALIXTE**

Administrative Director  
Physical Conditioning  
BIO3 Inc.



**MAGGIE GILET**

Retired, Family and  
Social Worker CIUSS  
North Montreal



**DICKENS LAMBERT**

Founding President  
Physical Conditioning  
BIO3 Inc.



**JESSIE LEGENT**

Certified Professional  
Trainer, Coach



**TINA RECINE**

Senior Advisor for  
Quality of Life



**DAPHNÉ KATHIA ROSALBERT**

Senior Advisor, Ethics  
and Compliance



**CHRISTINA SERPA**

Short-Term Disability  
Manager



**TAYSIA THOMPSON**

Specialist Support  
Advisor

# THE BOARD OF DIRECTORS IN FIGURES

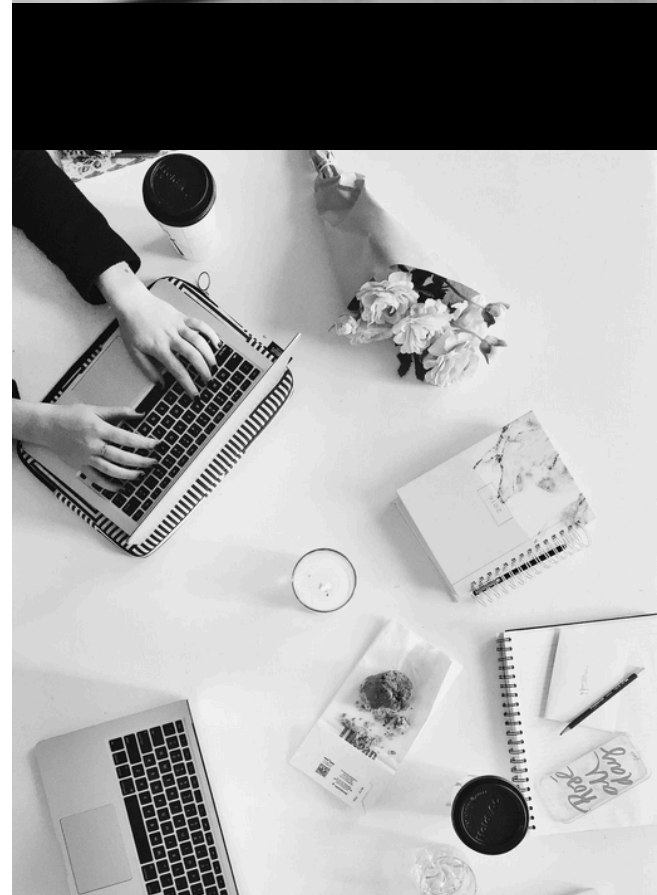
- 1 ANNUAL GENERAL MEETING
- 3 ADMINISTRATIVE MEETINGS
- 1 INVOLVEMENT AND OTHER REPRESENTATIONS

**TOTAL: 25 hours of volunteer work**

## ADMINISTRATIVE DECISIONS

### PROJECT 1

A provisional board of directors was established on July 20, 2020, to make decisions regarding the physical location that will become the headquarters of Bio3Academy. Bio3Academy decided to acquire a larger space to better serve its clients and create a health and **wellness ecosystem with other like-minded corporate entities. This furthers our desire to support emerging social initiatives.** A grant application has been prepared to renovate this leased space.



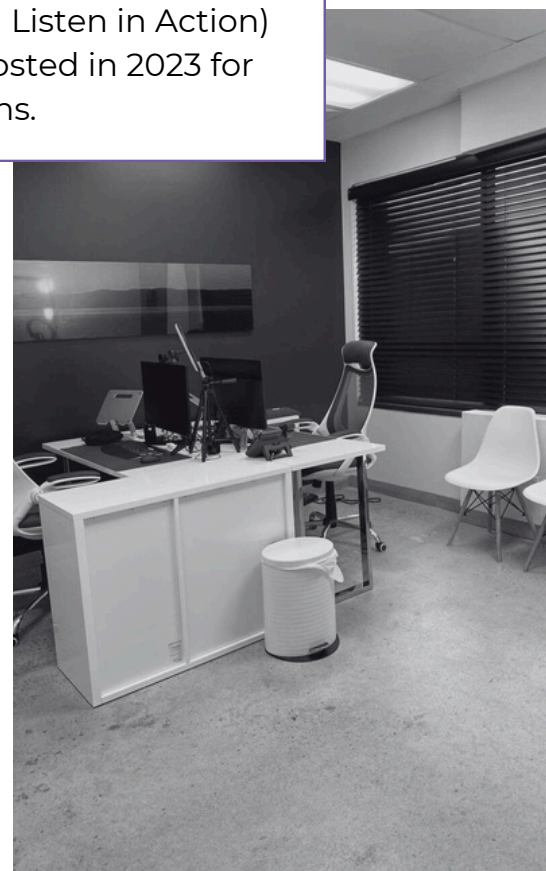
# PROJECT 1

## PHASE 1

- The members of the interim board drafted the grant application in July 2020.
- The grant was awarded in March 2021.
- The renovations took place from 2022 to 2023.

## PHASE 2

- CC4 Solution will be hosted at the Bio3Academy premises in 2022 for 12 months.
- The non-profit organization “Community Center” “Grâce sur Grâce” will be hosted in 2023 for 24 months.
- The non-profit organization “AJEA” (Seniors I Listen in Action) will be hosted in 2023 for 20 months.





## PROJECT 2

Bio3Academy has decided to acquire land in Mexico to create a holistic wellness retreat for its members. This promotes inclusive wellness by reinventing spaces for healing and personal transformation internationally.

## PROJECT 3

Bio3Academy has decided to hire a person responsible for managing the holistic educational and academic project aimed at global health. This will further our offer of transformative education for the members who will participate.

## PROJECT 4

Strengthening organizational capacity to develop good governance practices, draft general regulations, and implement an HR strategy. A grant application was prepared with the aim of strengthening organizational capacity.

### PHASE 1

The condition of the land was analyzed from January 2021 to June 2021 in Mexico with two founding members of Bio3Academy, along with a team specializing in Canadian architecture (CG Architecte) and a specialized team from Mexico (UNO Architects).

### PHASE 1

Creation of the Bio3Academy curriculum by Ms. Jessie Legent, focusing on the organization of available workshops based on the eight pillars of global health.

### PHASE 1

Following a meeting of the provisional committee, two members of the board drafted the general regulations.





# 2022-2023 ACTIVITIES & SOCIAL IMPACT

## ACTIVITY 1

In 2022, we began our collaboration with Migraine Québec for a health conference with international reach (Canada and Europe).

**IMPACT:** This panel and presentation by Bio3Academy not only helped educate the multiethnic population about the risks of suffering from migraines but also how to reduce their frequency by maintaining a healthy lifestyle. This reach and visibility allowed Bio3Academy to gain recognition in migraine education and health promotion. Sylvie Calixte gained 10 more followers, which allowed her to continue promoting Bio3Academy on her personal platform.



## ACTIVITY 2

In 2023, Bio3Academy launched on three social media platforms via Facebook, Instagram, and LinkedIn.

- Number of followers: 10
- Number of shares per post: 2
- **IMPACT:** These three platforms provide greater visibility for our missions, values, and priority areas of action. Through social media, our educational workshop activities are seen and allow for registration.

## ACTIVITY 3

In 2023, Bio3Academy is launching four free online conferences to educate the public on the importance of taking care of their health:



- Participants: 5 for each workshop
- **IMPACT :** Participants from a workshop share the information within their own networks, which brings new attendees to subsequent workshops. The spread of information is clearly happening through individuals outside the personal networks of the interim board members.

## ACTIVITY 4

In 2023, Bio3Academy is partnering with the organization **AJEA | Aîné(es) j'écoute en action.**

**IMPACT :** Bio3Academy is working with AJEA to create fitness workshops for vulnerable seniors. This partnership allows us to reach a targeted group in a targeted manner and offer our services to maintain the overall health of seniors. Fitness activities are planned for 2024.

UNE MAGNIFIQUE ASSOCIATION  
POUR SOUTENIR LES PERSONNES  
ÂGÉES PLUS VULNÉRABLES



NICOLE PÉLISSIER  
DIRECTRICE DE AJEA

SYLVIE CALIXTE  
DIRECTRICE DE BIO3 ACADEMIE

BIO3 ACADEMIE

ASSOCIATION

## OBJECTIVES FOR 2024-2025

### PROJECT 1

PHASE 2:

Welcome a third organization onto the premises to create a global health ecosystem.

### PROJECT 2

PHASE 2:

Prepare for the health and wellness retreat in Mexico for March 2025.

### PROJECT 3

PHASE 2 :

Hire a project manager to implement the 8 basic workshops.

### PROJECT 4

Hire a person responsible for guiding Bio3Academy through the organizational strengthening steps to develop best governance practices.

### PROJECT 5

Creation of the Bio3Academy website; sale of membership cards and the online BIO3Academy group course service.

### PROJECT 6

Creation of activity committees within the official members' board.



# 2023 HIGHLIGHTS

**3 letters** of support

**2 non-profit organizations** occupying rental space at Bio3Academy

**1 partnership** with an NPO

More than **3,500 hours of volunteer** work across all 4 projects





# THANKS

To you, institutions, businesses, and organizations who have demonstrated your support for BIO3ACADEMY in carrying out all of our projects, which will have a social impact on people and their education about health and its promotion at the municipal, provincial, national, and international levels. We hope to continue to count on your support.



Sincerely,

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