

**2024
2025**



ANNUAL REPORT



Message from the Board President

As President of the Board of Directors, it is my privilege to share a reflection on what has been an inspiring and transformative year for BANA.

Our organization continues to be a trusted and vital resource in Windsor-Essex, delivering compassionate, client-centered care for individuals impacted by eating disorders. Through our dedicated programs and strategic partnerships, we remain focused on supporting the physical, emotional, and mental well-being of our community.

This past year has marked a period of incredible growth for BANA, one driven by both increasing demand and our commitment to meeting it with care, innovation, and excellence. We expanded our clinical and outreach teams, enhanced our facilities, reduced wait times, and continued to broaden the scope of services we provide.

At the heart of this success is the tireless work of our staff, whose expertise and empathy are the foundation of all we do. From in-house counselling to community education, their dedication ensures that every individual who walks through our doors receives meaningful, impactful support.

We are also proud to be recognized for our leadership and impact:

- In 2025, BANA was honoured with the "Pillars of Our Community" Award at the Windsor-Essex Chamber of Commerce Business Excellence Awards, recognizing our foundational role in advancing health and wellness across the region.
- In 2024, we received the CMHA Community Partner of Distinction Award, a reflection of our strong collaborations and shared commitment to mental health and was named BizX Magazine's Exceptional Social Enterprise.
- Our innovative partnership with Windsor Regional Hospital and Windsor Essex Community Health Centre continues to strengthen care pathways, ensuring timely, integrated services for individuals with eating disorders.

These awards are a reflection of the collective effort behind BANA's mission, from our staff and Board, to our volunteers, community partners, and supporters. Together, we are building a stronger, more inclusive network of care.

On behalf of the Board of Directors, thank you to everyone who continues to believe in and support BANA. Your trust, partnership, and generosity fuel everything we do.

Warmest Regards,
Kelly Gosselin,
President BANA Board of Directors



**2024-25
Board of Directors**
(as of March 31, 2025)

**President
Kelly Gosselin**

**Vice President
Dana Levin**

**Treasurer
Marzena Gosselin**

**Secretary
Maria Rivolta-Charles**

**Director
Delaney MacDougall**

**Director
Don Cyr**

**Director
Leon Pilgrim**

**Director
Stephanie Johnston**



Message from the Executive Director

Welcome to our 2024/25 Annual Report which demonstrates the dedication and hard work of the entire BANA board, staff, volunteers, students and membership. We remain committed to our mission, vision and values, as each working day provides us with the opportunity to provide health promotion, prevention, treatment services, outreach and so much more. As I look back at the past year, I feel proud, energized and blessed.

BANA continues to lead the work in prevention and treatment for eating disorders, not only locally but provincially. We recognize that our people are our greatest strength and continue to support them to achieve their best outcomes by investing in training, education, compensation and, providing work-life balance and flexibility. Our staff have worked in the most comprehensive and collaborative way to provide the best possible care for the people we serve. Personally, I am truly humbled to lead the BANA team in partnership with Leta Scott, Manager of Clinical Service and Alexis Sauls Ramos Prevention Specialist & West Region Prevention Team Lead. Our leadership team continues to strive for equity, fairness, open communication and believes in approachability and an open door philosophy. We are committed to guiding principles of the Quality of Standards for Eating Disorders and continue to enhance our services to meet the quality statements.

We are privileged to continue to be governed by a dedicated and vibrant Board of Directors led by our President, Kelly Gosselin, which provides outstanding leadership. A special recognition to our treasurer Marzena, our Vice President Dana and our Secretary Maria. Each board member brings his or her own experience and skills to the organization.

Our community partners are a fundamental part of the organization. As one of the many essential touch points in our community, the support of like-minded organizations has allowed us expand our outreach far beyond what would have been possible alone. Together, we will eliminate the stigma around Eating Disorders (Mental Health) through open dialogue and increased awareness.

We are proud of the achievements highlighted within this report and especially of our awards and recognitions this past year including the CMHA- Community Partner of Distinction Award, Biz X-Exceptional Social Enterprise and most recently the Windsor Essex Chamber of Commerce-Business Excellence Award for Pillars of Our Community. These awards provide the BANA team with the validation for their incredible efforts, create trust in the community and continue to expand our reach and get in front of new audiences.

We remain committed to leveraging data driven clinical outcomes, demonstrating clinical integrity, aligning with the Quality Standards, DEI, digital solutions, French language services and enhancing our programs through best practices. As such, we have entered 2025-26 by embarking on a 5-year strategic plan with our board, staff, clients, and partners, which will determine our next steps moving forward.

"Why Not Us BANA" is a motto that continues to fuel our goals and aspirations for a promising future together.

With Gratitude,
Luciana Rosu-Sieza, Executive Director

Meet Team BANA



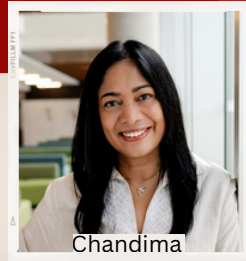
Luciana



Leta



Patrick



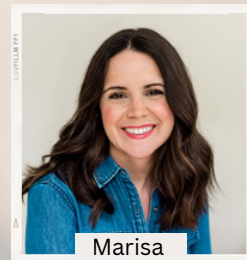
Chandima



Nicole



Sara



Marisa



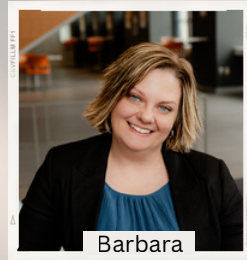
Maryum



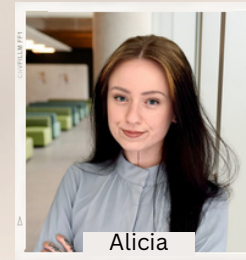
Adriana



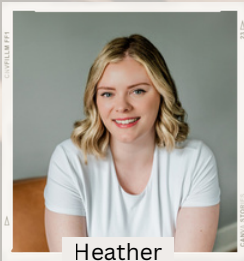
Kayla



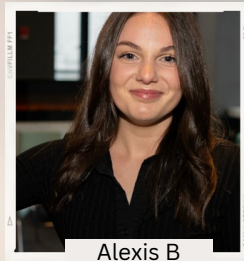
Barbara



Alicia



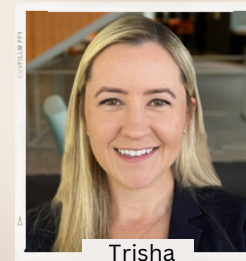
Heather



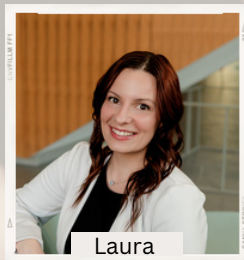
Alexis B



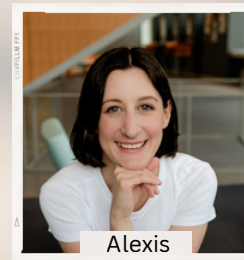
Shaina



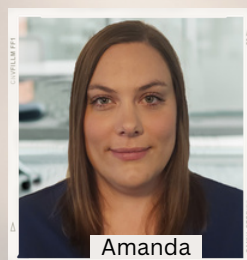
Trisha



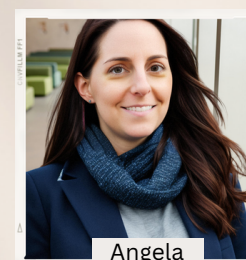
Laura



Alexis



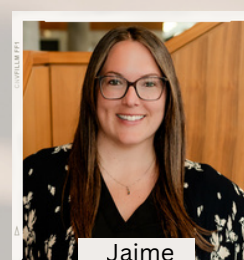
Amanda



Angela



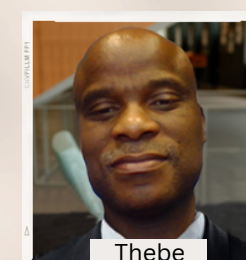
Lucy



Jaime



Mishal



Thebe



2024-2025 Financial Highlights

It continues to be an honour to serve as Treasurer for the Bulimia Anorexia Nervosa Association (BANA). I remain deeply grateful to the board for their continued trust and support, and I am proud to be part of an organization that continues to make a meaningful impact on the lives of individuals and families affected by eating disorders.

I encourage all members to review the audited Statement of Financial Position and the Statement of General Fund Operations and Fund Balance for the fiscal year ending March 31, 2025. I'm pleased to report that BANA closed the year with a surplus of \$116.94, reflecting prudent financial stewardship amid ongoing economic pressures.

Throughout the year, BANA has maintained a strong commitment to financial responsibility while expanding our programming and support services. With careful planning, we have been able to increase community engagement, strengthen partnerships, and extend our reach to those most in need of support and education surrounding eating disorders and body image.

I would like to recognize the outstanding work of the BANA staff and leadership team. Your passion, professionalism, and resilience have been crucial in delivering services with compassion and excellence. Your efforts ensure that every dollar entrusted to us is used effectively to serve our mission.

As we look ahead, I am confident that BANA will continue to thrive, grow, and make a difference. Thank you once again for the opportunity to contribute to this meaningful work.

Marzena Gosselin, CPA
Treasurer

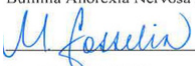
Bulimia Anorexia Nervosa Association - Can-Am

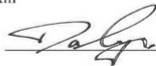
Statement of Financial Position

March 31, 2025

	2025	2024
Assets		
Current		
Cash and term deposits	\$ 419,505	\$ 241,813
Accounts receivable	3,632	9,039
Grant revenue receivable (Note 4)	4,630	123,649
HST recoverable	11,813	9,517
Prepaid	19,970	14,095
	<u>459,550</u>	<u>398,113</u>
Capital (Note 2)		
Furniture and equipment	88,930	88,930
Computer equipment	35,224	35,224
Leasehold improvement	20,985	20,985
	<u>145,139</u>	<u>145,139</u>
	<u>\$ 604,689</u>	<u>\$ 543,252</u>
Liabilities and fund balances		
Current		
Accounts payable and accrued liabilities	\$ 107,660	\$ 93,432
Deferred revenue	246,946	199,854
	<u>354,606</u>	<u>293,286</u>
Fund balances		
General fund	33,055	32,938
Capital reserve fund (Note 2)	71,889	71,889
Equity in capital assets (Note 2)	145,139	145,139
	<u>250,083</u>	<u>249,966</u>
	<u>\$ 604,689</u>	<u>\$ 543,252</u>

Approved on behalf of the Board of Directors:
Bulimia Anorexia Nervosa Association - Can-Am

 Director

 Director

See accompanying Notes to the Financial Statements

This independent auditors review was conducted by the
firm of Julia A. Lee Professional Corporation .

The enclosed statements of the Bulimia Anorexia Nervosa Association CAN-AM
reflect the financial position as of March 31, 2023, and the statement of
general fund operations and fund balance for the year end.

A complete Financial Statement and Auditor's Report are available through BANA

Bulimia Anorexia Nervosa Association - Can-Am

Statement of General Fund Operations and Fund Balance

Year ended March 31, 2025

	Community Mental Health 2025	Institutional Health 2025	Other Revenue 2025	EDO-P Grant 2025	IOP Grant 2025	Total 2025	Total 2024
Revenue							
Program funding (Note 7)	\$ 504,629	\$ 280,992	\$ -	\$ -	\$ -	\$ 785,621	\$ 785,621
Donations and memberships	-	-	8,220	-	-	8,220	10,183
Other income	-	-	10,206	4,870	-	15,076	14,337
Fundraising revenue	-	-	30,988	-	-	30,988	37,716
Grant revenue (Note 4)	-	-	-	687,935	650,677	1,338,612	917,895
	<u>504,629</u>	<u>280,992</u>	<u>49,414</u>	<u>692,805</u>	<u>650,677</u>	<u>2,178,517</u>	<u>1,765,752</u>
Expenses							
Insurance	3,360	-	-	-	-	3,360	3,343
Advertising and promotion	-	-	8,866	1,637	-	10,503	4,455
Professional fees	-	4,573	-	1,076	32,720	38,369	7,965
Wages and benefits	447,943	249,451	4,484	629,923	533,301	1,865,102	1,517,543
Office equipment/supplies	-	3,759	-	27,934	35,713	67,406	44,838
Computer maintenance	-	475	-	-	3,261	3,736	2,471
Telephone	-	4,417	-	276	-	4,693	4,522
Rent and other occupancy	53,326	-	-	-	30,000	83,326	56,235
Staff education & training	-	18,317	-	26,013	15,682	60,012	84,560
Travel	-	-	4,460	5,946	-	10,406	3,777
Fundraising expenses	-	-	31,487	-	-	31,487	35,913
	<u>504,629</u>	<u>280,992</u>	<u>49,297</u>	<u>692,805</u>	<u>650,677</u>	<u>2,178,400</u>	<u>1,765,622</u>
Excess of revenue over expenses for the year	-	-	117	-	-	117	130
Fund balance beginning of year	-	-	32,682	-	-	32,938	32,808
Fund balance, end of year	\$ -	\$ -	\$ 32,799	\$ -	\$ -	\$ 33,055	\$ 32,938

In Other News

French Language Services

BANA has remained committed to enhancing our French Language Services. In recent years we have conducted services using francophone staff, offered francophone health promotion presentations, and actively recruited within the francophone community for employment opportunities. We have provided French language content through our free Mental Health and Wellness magazine and social media platforms. In partnership with the weCHC, our Eating Disorder 101 Videos were updated with French translation. We place French language advertising in the Répertoire 2025 des services en français du Sud-Ouest de l'Ontario (French services directory) that was distributed in the regions of Windsor-Essex, Chatham-Kent, and London-Sarnia-Woodstock. As we complete the 2024-25 year, 20% of our staff and 28% of our board have French language competencies.



Gord Smith Healthy Workplace Awards 2024

BANA was once again successful in receiving the PLATINUM Level 2024 Gord Smith Health Workplace Award, with a note that our application was exemplary! This is a direct result of the commitment of our team and organizational values to work-life balance, mental health promotion, team cohesion/support, and other health promotion initiatives.



Thank you Healed

Healed is a student-led community committed to spreading awareness about eating disorders and promoting the importance of mental and physical health! This past year Healed UWindsor raised and donated \$1,350 to BANA! 💜 We're so grateful for your support and the impact it makes in our community.

Pride Fest

The BANA team participated again in the Windsor-Essex Pride Fest and parade. We connected with over 1000 people over the course of the day and launched our limited edition Be Yourself Bandanas. We gave out progress Pride flags, rainbow breathing stickers, DIY pronoun buttons, and various BANA swag.





Eating Disorders Ontario Prevention

Since its announcement in 2019, BANA has been a leader alongside others in the province in the development of Eating Disorders Ontario – Prevention, an evidence based, province wide strategy for eating disorder prevention. BANA is the official host organization for Ontario Health West.

Continuing to build on the success of previous years, BANA rounded out its regional team, now comprised of six Prevention Specialists who continue to work hard to bring a comprehensive prevention strategy to all communities. Across the team, partnerships have been established with 12 public health units, 12 school boards, and countless community health and mental health agencies. Individuals in these spaces have been trained in evidence-based prevention strategies and are being continuously supported to make meaningful changes for the youth they serve.

Looking to the year ahead, the team will be expanding their portfolios to bring an equally considered strategy to our many post-secondary institutions, while continuing to expand the work underway already. Through this, we will continue to champion safe, inclusive, and welcoming spaces for all youth in Ontario.

BANA proudly partners with many local and regional organizations including:

UWindsor Dept. of Kinesiology	UWindsor Health Services
Rotary Club of Windsor WIDE	Windsor Express
WE Communities in Motion	Tecumseh United Soccer Club
Worldwide Charter for Action on Eating Disorders	HDGH Regional Children's Centre
HDGH Withdrawal Mgmt Services	UWindsor Office of People, Equity, and Inclusion
Community Partners for Multicultural Health	Girl Guides of Canada
Windsor Pride Fest	UWindsor Psychology Dept.
Ontario Non-Profit Network	Great Essex County District School Board
Eating Disorders Ontario	UWindsor Faculty of Education
Leadership Windsor Essex	Windsor Essex County Health Unit
National Eating Disorder Information Centre	Conseil Scolaire Catholique Providence
weCHC-Teen Health	Sexual Assault Crisis Centre
HDGH Problem Gambling & Digital Dependency	Ontario Addiction Treatment Centres
City of Windsor Parks and Recreation	CMHA Windsor Essex County
Windsor Public Library	Transitional Stability Centre
Mental Health Connections	Family Services Windsor Essex
New Canadian Centre for Excellence	Scouts Canada
Windsor Essex Association for Volunteer Administration	Windsor Essex Children's Aid Society
Windsor Regional Hospital	House of Sophrosyne
Brentwood Recovery Home	Windsor Essex Catholic District School Board
Leadership for the Advancement of Women in Sport	Sandwich Teen Action Group
Providers of Addiction Treatment of Windsor-Essex	Multicultural Council of Windsor-Essex
College Boreal	Conseil Scolaire Viamonde
Academy for Eating Disorders	New Beginnings
UWindsor School of Social Work	

2024-25 Health Promotion and Educational Services Highlights

In 2024–2025, the Health Promotion Team expanded its reach across Windsor-Essex through presentations, health fairs, and strong community partnerships. We continued collaborating with GECDsB, WECDsB, CSC Providence, and other organizations, focusing on topics such as self-esteem, body image, media literacy, nutrition, and fostering a food neutral and body inclusive environment.

We continued our involvement in campus initiatives at the University of Windsor, while maintaining strong partnerships with the Youth Wellness Hub Windsor-Essex, Youth Diversion, YMCA, NCCE, and the Residential Treatment Program for Problem Gambling and Digital Dependency.

As we reflect on our achievements, we're excited to share highlights from a year of meaningful impact.

301 Presentations

82 Be Yourself's Puppet Shows

63 Self-Esteem & Body Image

29 Sizing Up the Media

4 Foundational Trainings

125 Other Community Presentations

12,287

Participants

6

New Podcasts

24

Health Fairs

92

Streams & Downloads
on Podcast

BANA Be Yourself Magazine

First launched in 2020, Be Yourself magazine continues to serve as a key outreach tool for educators, clinicians, and mental health professionals across our region. This quarterly publication delivers wellness, awareness, and support resources, available for free online at www.bana.ca/magazine and in print at over 50 locations across Windsor-Essex.

We welcome contributions from professionals and community members. If you or your organization is interested in writing for or advertising in Be Yourself, please reach out to our editor at patrick@bana.ca.

Be Yourself. Happy. Healthy. Hopeful Podcast

In 2024, the BANA Be Yourself: Happy, Healthy, Hopeful podcast was successfully re-initiated, reflecting BANA's ongoing commitment to education, outreach, and advocacy through accessible and engaging digital content. Six new episodes were released, covering a range of important topics including gender diversity and eating disorders, the experiences of BIPOC individuals with eating disorders, and common myths and facts about eating disorders, among others. The podcast continues to amplify diverse voices and promote awareness, support, and hope within the community. Episodes are available for streaming on Spotify, iHeartRadio, Amazon Music, and the BANA website, making the content widely accessible to listeners across platforms.



Eating Disorder Awareness Week 2025

From February 1st–7th, 2025, BANA was proud to promote in Eating Disorder Awareness Week (EDAW). The Health Promotion team engaged with the community across Windsor-Essex through education, outreach, and events designed to raise awareness and inspire action. Our goal was to amplify the conversation around eating disorders and provide tools for support, healing, and prevention. Below are a few highlights from this year's EDAW initiatives:

Community Yoga at Devonshire Mall

On February 2nd, BANA partnered with lululemon and Saje Wellness to host a free Sunday morning yoga session at Devonshire Mall. Led by instructor Alessandra MacDonald, the class focused on joyful movement and creating a welcoming, inclusive space for all. Participants received complimentary BANA swag bags and left feeling connected and empowered.

Social Media Campaign & Giveaway

As part of our efforts to promote awareness, engagement, and community connection during EDAW, BANA organized two interactive giveaways alongside a social media campaign.

#UnfilteredEDAW Online Giveaway

This initiative encouraged participants to share unfiltered, authentic photos of themselves doing something they love or feeling comfortable in their own skin. Participants were asked to highlight something they appreciate about themselves unrelated to their appearance in the caption of the photo. To enter, participants tagged @banawindsor and used the hashtag #UnfilteredEDAW for a chance to win gift cards donated by Auntie Aldoo and Strong Body Yoga and Fitness.

In-Person Giveaway at Community Booths

At our community outreach booths, visitors were invited to take part in an interactive Plinko game by answering questions on topics such as eating disorders, nutrition, social media, and body image. Participants were then entered into a prize draw featuring gift cards, with support from Crock A Doodle and Strong Body Yoga and Fitness.

#SHOWUSYOURPURPLE Challenge

To further raise awareness, we launched the #SHOWUSYOURPURPLE challenge, inviting the community to wear purple during EDAW and share a photo on social media, tagging @banawindsor and using the hashtag #showusyourpurple.

Lighting the Community Purple

In a powerful show of solidarity, several major landmarks across Windsor-Essex lit up in purple for EDAW 2025, including the Hanna Water Tower, Caesars Windsor, and Ouellette Avenue (from Riverside Drive to Pitt Street). These displays serve as a visual reminder of the importance of awareness, recognition, and support for those affected by eating disorders and those who support them.



2024-25 Clinical Services Highlights

Intake:

999

Individuals served by the Intake Process

751

Adults

159

Youth (under 25)

85

Age undisclosed

76

Specialized Assessments

1806

Total Intake Interactions

Outpatient:

383

Individuals served by the Outpatient Program

31

Total Sessions of Clinical Consultations

4899

Total Clinical Outpatient Interactions

WEIOP:

50

Individuals served by the WEIOP Program

31

Total Sessions of Clinical Consultations

832

Total Clinical Group Sessions

2224

Total Clinical WEIOP Interactions

Clinical Team's Commitment to Ongoing Training

All Year Learning (RD's)

ARFID and Neurodivergence in Eating Disorders

April 2024

Identifying and managing high conflict people in the workplace

May 2024

13 forms and 2 valences of Social Power

November 2024

CBT for ARFID an on-line intro

November and December 2024
Renfrew conference - online

December 2024

CREDO - CBT-E training (Alicia)

2024/2025

Fundamentals of Race and Anti-Black Racism (All Staff)

March 2025

DBT with Dr. Federici

March 2025

Identification and Medical Management of ARFID (NP)

The Windsor-Essex Recovery Support Program

The Windsor-Essex Recovery Support Program (RSP) is an innovative digital health program co-created by Body Brave and the Bulimia Anorexia Nervosa Association (BANA) in consultation with the Windsor-Essex Community Health Centre (weCHC), to tackle gaps in the eating disorder (ED) continuum of care.

Impact on Client Outcomes

The Windsor-Essex RSP is designed to enhance client outcomes during the critical pre-treatment period by improving health literacy, fostering hopefulness, increasing treatment readiness, and supporting emotional engagement with the recovery process. While not intended to replace clinical treatment, the program's self-guided structure, tools, and educational content play a pivotal role in supporting individuals during wait periods, helping them to feel more informed, empowered, and emotionally supported.



20%

(36 day) reduction in wait times for treatment at BANA

"I cannot thank you enough for providing resources that are accessible remotely, freely, without a formal diagnosis, as well as without a waitlist."

81%

users reported being satisfied or extremely satisfied.

"I really enjoyed looking through all the resources, especially the one with all the past support sessions... it has been really helping me learn more about myself and eating disorders in general. It has helped me be more aware of what I'm doing to myself and learn strategies to help myself better."



Body Image Group Redevelopment & Implementation

After extensive research and development, the social work team at BANA completed updating the Body Image Group and-prior to implementation with clients-trialed the new content with BANA staff. This was highly received, and staff reported ongoing reflections and 'unlearning' after participating.

The finalized Body Image Group is a 13-week treatment group that includes a comprehensive history of appearance and dietary ideals; consideration for intersectionality; information on weight science, and health behaviours; learnings on body neutrality, "fat liberation", and media literacy; tools for challenging unhelpful body image thoughts and behaviours; and strategies for navigating triggering environments and societal narratives. Client's self-report psychometrics were collected pre and post group, and clients feedback and recommendations were sought post-group.

In the fall of this past fiscal year, the group was successfully implemented with its first cohort of clients, virtually; feedback was highly positive and clients reported further improvements in their recovery outcomes as a result. There were no drop-outs from group; however, one client was unable to complete the post-treatment psychometrics.

Psychometric	Pre Group Average (n=4)	Post Group Average (n=3)
EDEQ (Global)	2.4	1.16
EDEQ (Weight)	3.7	2
EDEQ (Shape)	3.75	1.88
CIA	21	7.66
BIAQ	35.25	24.66
BAS-2	28.25	32.33

All psychometrics gathered were self-report, and all indicated improvement post-group. Lower scores on the Eating Disorder Questionnaire (EDEQ), Clinical Impairment Assessment (CIA), and Body Image Avoidance Questionnaire (BIAQ) indicate improvements in body distress and preoccupation, severity of psychosocial impairment resulting from ED features, and levels of body avoidance. A higher score on the 2nd version of the Body Appreciation Scale (BAS-2) indicates more acceptance of and positive regard towards one's body.

Clients reported most appreciating the validating and 'accountable' space to discuss vulnerable and difficult topics; facilitator participation in reflections; pulling back the curtain on societal influences and identifying unrealistic standards; as well as connecting with their bodies through non-appearance values.

Based on client and facilitator feedback, future changes that will be considered are: mid-treatment collection of psychometrics and further exploration of the most effective psychometrics for data-collection; increased empowerment to clients regarding topic choice and areas of focus; additional practical tools and strategies; as well as alternative ways to share and engage during group sessions.

References for Psychometrics:

- Avalos, L., Tylka, T. L., & Wood-Barcalow, N. (2005). The body appreciation scale: Development and psychometric evaluation. *Body image*, 2(3), 285-297.
- Fairburn, C. G., & Bohn, K. (2008). Clinical impairment assessment questionnaire (CIA 3.0). Cognitive behavior therapy and eating disorders.
- Fairburn, C. G., Cooper, Z., & O'Connor, M. (1993). The eating disorder examination. *International Journal of Eating Disorders*, 6(1), 1-8.
- Rosen, J. C., Srebnik, D., Saltzberg, E., & Wendt, S. (1991). Development of a body image avoidance questionnaire. *Psychological Assessment: A Journal of Consulting and Clinical Psychology*, 3(1), 32.
- Tylka, T. L., & Wood-Barcalow, N. L. (2015). The Body Appreciation Scale-2: item refinement and psychometric evaluation. *Body image*, 12, 53-67.

2024-25 BANA Awards

Each year, BANA takes a look at those in our community who are making a difference and whom demonstrate a commitment to the enhancement of healthy lifestyles in the truest spirit of our mission and vision. Please join us in recognizing the following outstanding agencies and individuals as our 2024-25 Community Health Promotion Award recipients.



We Get Cooking Video's

In an effort to address concerns with food insecurity, BANA, along with the weCHC and WRH recorded and launched a cooking series that takes you from grocery to table.

Our relationship with food can be truly peaceful and enjoyable. Food is a way to nourish the body and soul while exploring culture, comfort, and creativity. Incorporating safety, nutrition, and mindfulness allows us to work toward these experiences.

Safety provides the foundation to explore and enjoy food without fear and risk. Nutrition brings the structure, supporting energy, and well-being through thoughtful choices. Mindfulness encourages us to approach our meal free of judgement and develop a deeper connection to the eating experience. We savour each bite and listen to the body's needs. Together, these mechanisms create a path toward bliss and self-care!

Thank you to Media Street Productions for filming and Mercato for the the use of their store.



2025-26 BANA Board of Directors



Kelly Gosselin
President



Dana S. Levin
Vice President



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Delaney MacDougall
Director



Don Cyr
Director



Stephanie Johnston
Director



Leon Pilgram
Director