

**2021  
2022**

# **Annual Report**



**COMPANY PROFILE**

**YEAR IN REVIEW**

**THANK YOU**





# WHO WE ARE

## OUR HISTORY, MISSION & VISION



### OUR HISTORY

In 2021, CAYA Alliance was founded as a 501(c)(3) non-profit organization to strengthen individuals and the community through consulting, education, events, networking, programs and resources with an overall focus on health.



### OUR MISSION

CAYA Alliance  
CAYA (Come As You Are) represents an alliance with the communities we serve. *It is our mission that every person, regardless of their circumstances, will have a balanced healthy life.*



### OUR VISION

We envision healthy living for all people who want it regardless of the circumstances. CAYA Alliance provides educational programs and resources in the areas of mental health, physical health, nutrition and wellness, financial health, and education.

# OUR LEADERSHIP

## Board of Trustees

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**Tré Geoghegan**

President



**Lametra Off**

CHAIR OF THE BOARD



**Linda Lee**

Vice Chair of the Board



**Sheri Carter**

Treasurer



**Mel Bossi**

Trustee



**Tonya Council**

Trustee



# MESSAGE FROM LEADERSHIP

This past year was filled with accomplishments, obstacles, and excitement. Yet, we count it all joy!

We created CAYA Alliance in 2021 (during the COVID-19 pandemic!) with the vision, dedication, and work of many volunteers who provided their time and resources to help launch and lead with the purpose to serve in this health endeavor. A sincere thanks goes to everyone that helped provide services.

We are extremely grateful for and appreciate each individual who participated in our first year of health webinars. Serving each one of you helped to fulfill our mission that every person, regardless of their circumstances, has a balanced healthy life.

Here's a snapshot of 2022.

*Accomplishments* – We created, sourced and showcased health and wellness related webinars from the physical (yoga) to the mental (financial planning).

*Obstacles* – Although created in 2021, we still had the COVID hurdle to overcome. All seminars, trainings and workshops were online – virtually led. Yet, the obstacle provided an opportunity to reach those in several states and beyond.

*Excitement* – With our learning, growth and excitement, we intend to provide new intriguing programs for 2023 – The Year of Revision.

*Plans* – During 2022, we created our 2023 strategic plan which focuses on growth, performance and competitiveness in our industry. In the next year, our focus is the 4 Rs = Resetting, Recruiting, Restoration and Rejuvenation. With this focus, we intend to serve others, impact lives and prosper exponentially.

As we head into 2023, opportunities are abundant and our team is well positioned to thrive and flourish with anticipation and excitement. We look forward to seeing you and hearing your feedback. Here's to the year ahead – to health, to peace, to growth and to continued opportunities. Thank you for your continued support, and healthy regards.

Joyfully yours!



Lametra Off  
Chair of the Board

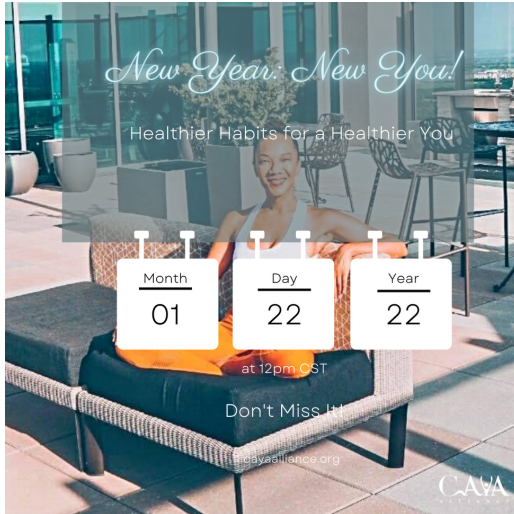


Tré Geoghegan  
President and Trustee



# 2022 YEAR-IN-REVIEW

## "NEW YEAR: NEW YOU" HEALTH SERIES



### HEALTHIER HABITS FOR A HEALTHIER YOU

In January, led by Rae Clay, participants were treated to four health habits focused on:

- Benefits of healthy whole eating
- How food affects the brain
- Nutritional facts: high calories vs. high nutrients
- Mindful eating

### MIND OVER STRESS

In March, participants were introduced to the the benefits of meditation and yoga with Bonnie Nortz and Rae Clay. Some benefits included reduced feelings of stress, anxiety, and depression. We learned to let go and reframe stressful situations for positive outcomes and engaged in a user-friendly yoga demonstration.



# 4

Health-focused  
webinars

# 100+

Webinar participants

# 500+

Volunteer hours

# 2022 YEAR-IN-REVIEW

## "NEW YEAR: NEW YOU" HEALTH SERIES

### WHAT'S DIFFERENT? MENTAL HEALTH CHAT WITH PASTOR COREY LEWIS

In May, CAYA Alliance held an unashamed conversation on mental health, led by Pastor Corey Lewis. It was an honest talk about mental health awareness, stigma in minority communities, self-help, and options.



### THE POWER OF PLANNING

In July, financial advisor, David W. Trammell, led this financial planning discussion designed to to give an overview of a healthy financial plan to address your situation. Participants were also offered a complimentary session with Mr. Trammell.

"The session was very informative and gave me lots to think about."

"I liked the professionalism and information."



# THANK YOU

LEADERS, VOLUNTEERS, & DONORS

## Co-Founders

Tré Geoghegan

Val Jackson

## Board of Trustees

Lametra Off, Chair of the Board

Linda Lee, Vice-Chair of the Board

Tré Geoghegan, President and Trustee

Sheri Carter, Treasurer

Mel Bossi, Trustee

Tonya Council, Trustee

## Volunteers and Presenters

Rae Clay, Presenter

Dwain Geoghegan, Merchandise

Sarah Geoghegan, Design

Pastor Corey Lewis, Presenter

Bonnie Nortz, Presenter

David K. Trammell, Presenter

*thank you!*

## OUR SUPPORTERS

Thank you for planting the seed in our inaugural year and providing ongoing support! We welcome you to the CAYA Alliance family and appreciate your generosity in support of our health-focused programs. Thanks to you, individuals have the opportunity to 'come as you are' (CAYA) and seek help.

To make a contribution in support of CAYA Alliance, please go to <https://www.cayaalliance.org/ways-to-give>. Donations are tax-deductible to the extent allowed by law. CAYA Alliance is a 501(c)(3) charitable organization.

**Contact Information:**

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