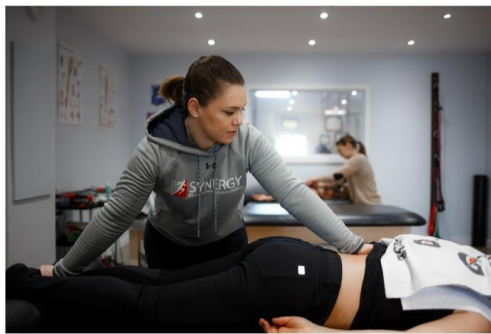




Welcome to our newsletter

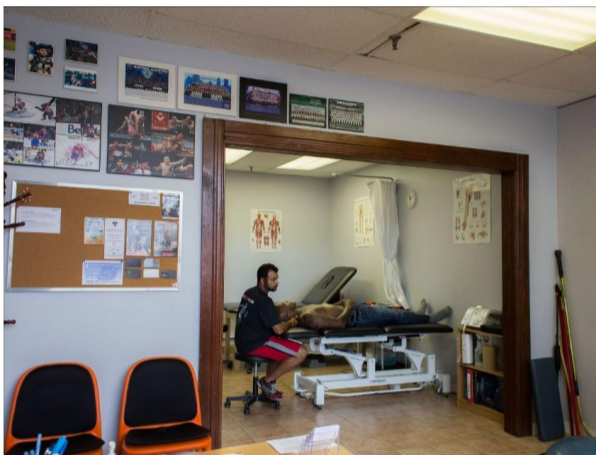


### What to expect

- Updates from our Synergy team of therapists and trainers
- Informative content on various topics:
  - Injury prevention and rehabilitation
  - Strength and conditioning
  - Sport-specific exercises
- Giveaways, challenges and prizes!

This month, we wanted to give you a glimpse back to when Synergy started almost eight years ago!

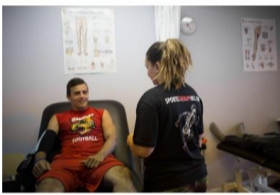
### How it all started



Maxim Hanna, Synergy co-founder: "I was approached with the opportunity to open a small clinic which would have access to a gym."

This was enough for Max to dive into the project, but he would need help, and he would find it in one of his previous interns at Vanier College, Jessica Melotti.

"I saw in Jess the qualities needed to be a positive leader within a team of therapists that all shared the vision of combining rehabilitation and strength and conditioning."



### Initial challenges

Jessica reflected on a few of the earlier challenges of running a business: "There were a lot of sacrifices to build up our clientele initially, in addition to answering phone calls and emails, taking care of the accounting, and making sure the clinic had everything it needed of course".

### Proudest moment

When asked about their proudest moment from the past eight years, both partners agreed that moving into their new clinic and gym in the summer of 2017 was at the top of the list. Jessica: "That day had double significance for me as I officially became co-owner of the company as well".



### Fun facts

What is something interesting you learned about your colleague after starting your business together?

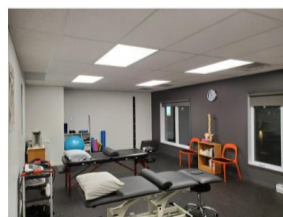
Max: "I really got to see how much attention to detail she has in all aspects of her work. Also, she loves using post-its!"

Jess: "If Max could buy everything on Amazon he would, he almost nearly has!"

### Future Goals

Jess: "Growing our presence as athletic therapists in the local sports communities in the West island."

Max: "Developing our new clinic and therapists in Vaudreuil and creating more partnerships with local sports teams and clubs."



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