



Fondation  
québécoise  
du cancer

## *La marche!*

### Be part of this **great** gathering!

In 2019, for a second straight year, *La marche du Grand défolement* will be taking place all over Quebec, with families, colleagues, friends, young and old once more joining forces. Whether you wish to honour someone who has passed away or celebrate the courage and determination of those who have faced or are still facing the ordeal of cancer, everyone is invited to this colourful gathering, whose aim is to inspire others to raise money and support every Quebecer affected by the disease.

**Quebec** > September 7, 2019

**Montreal** > September 14, 2019

**Rouyn-Noranda** > September 15, 2019

**Trois-Rivières** > September 15, 2019

**Gatineau** > September 21, 2019

**Rimouski** > September 22, 2019

**Granby** > September 28, 2019

**Laval** > October 5, 2019



## WALK > DONATE > BE A VOLUNTEER

### *La marche du Grand défolement* is:

- 1 ▶ A festive family event that everyone is sure to enjoy.
- 2 ▶ A three to five kilometer walk, filled with animation and surprises.
- 3 ▶ A unique opportunity to collectively support those affected by cancer.

### How does it work?

- 1 ▶ **Register online.** Participate solo or as a team.
- 2 ▶ **Mobilize your family** and solicit the generosity of friends and colleagues.
- 3 ▶ **Be a fundraiser.**
- 4 ▶ **Walk** and have fun!

Sign up:

[lamarchegd.ca](http://lamarchegd.ca)



Follow us!

[facebook.com/fqcancer](https://facebook.com/fqcancer)

# Why your participation is so important?

**One in two Quebecers will face cancer. We are there to support them.**

For 40 years, the Quebec Cancer Foundation has devoted the funds it raises to providing everyday support to the thousands of Quebecers with cancer and their loved ones.

## THE QUEBEC CANCER FOUNDATION IS...

A second family, a light at the end of the tunnel, a beacon in the storm, at every step of the care continuum.

### ACCOMMODATION



With its four lodges in Montreal, Trois-Rivières, Gatineau and Sherbrooke, the Foundation has the largest accommodation network in Quebec for those who have to leave their homes to be closer to a treatment centre.

Over **3,400 people have stayed** in our four lodges, for a total of more than **18,300 overnight stays**.

### INFORMATION



The Foundation's Info-cancer Services provide individuals and their loved ones with reliable information and reassurance throughout Quebec via its free Info-cancer hotline. More than **3,600 interventions** by our experienced oncology nurses and documentalists.

### SUPPORT



Physical wellness programs, such as massage therapy and kinesiology. Emotional support via telephone peer matching, art therapy and group support activities.

More than **6,300 participations** in our physical wellness programs (massage therapy and kinesiology) and in our psychological support services (art therapy and telephone peer matching support).

### PROGRAMME À FÉLIX



*Programme à Félix* responds concretely to the needs of cancer sufferers 15 to 39 years of age and their loved ones via the **cancer15-39.com** portal. The website had 15,000 visitors in 2018.

The program ensures that young adults are able to receive support and services that are more adapted to their age group.