



LE GRAND
DÉFOULEMENT



Fondation
québécoise
du cancer

Presented by



La marche!

A colorful and festive event awaits you!

La marche du Grand défolement is a provincial movement **full of happiness** which aims to **celebrate the courage** of those who are going through or have been through cancer. Accessible to all, all over Quebec, it offers participants to **activate their body and heart** while **raising funds** for the benefit of the Quebec Cancer Foundation.

The wave of mobilization of the **6TH EDITION** of *La marche du grand défolement* will be celebrated with walks during the month of September 2023.

Montreal > September 9

Trois-Rivières > September 10

Quebec City > September 10

Gatineau > September 10

Granby > September 23

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 kilometers walk, filled with animations 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



fqcancer

Let off steam and share it!
#jemedéfole

Why your participation is so important?

One in two Quebecers will face cancer.

But both of them will need accompaniment.

We are there to support them.

For more than 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...

+ 3,100

interventions through Info-cancer Services

Close to **20,000** overnight stays in our 6 Lodges

+ 305,000 Web sessions on cancerquebec.ca and cancer15-39.com

+ 100

telephone peer matching

Nearly **1,730,000** social media coverage

2,200 oncology resources available via our Resources directory

29,142

donors

Close to **100** experienced oncology professionals and employees

+10 programs and services offered

\$6.3 million raised

Nearly **19,000** Info-cancer Library documents consulted

350 media mentions

Nearly **9,000** participations in complementary therapies

+ 250,000 Web visitors to cancerquebec.ca and cancer15-39.com

9 new partnerships

6

Lodges, the largest accommodation network in the province

