



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.

In addition to the face-to-face **walks***, a **virtual event** on October 23 will close the campaign at the provincial level.

Gatineau and Abitibi-Témiscamingue > October 2, 2021

Granby > September 25, 2021

Laval > *La marche de chez toi*

Montreal > to be confirmed

Quebec > September 12, 2021

Rimouski > *La marche de chez toi*

Trois-Rivières > September 12, 2021

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.

Sign up:

lamarchegd.ca

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!

*Face-to-face events will take place according to the recommendations and restrictions imposed by Quebec's Public Health in connection with the evolution of the COVID-19 pandemic. If these restrictions prevent us from holding a face-to-face walk, each participant will be invited to walk from home.



Follow us!

facebook.com/fqcancer

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* ...



66

EMPLOYEES



16

MASSAGE THERAPISTS



5

KINESIOLOGISTS



4

ART THERAPISTS



4

EXPERIENCED ONCOLOGY NURSES



2

EXPERIENCED ONCOLOGY DOCUMENTALISTS



2

NUTRITIONISTS



2

PSYCHOLOGISTS



19,570

OVERNIGHT STAYS IN OUR FOUR ACCOMMODATION CENTRES



31,179

DONORS

OF WHICH

2,813

CONTRIBUTE MONTHLY



166,010

VISITORS TO THE CANCERQUEBEC.COM



20,366

VISITORS TO THE CANCER15-39.COM



6,113

PARTICIPATIONS IN OUR ACTIVITIES AND COMPLEMENTARY THERAPIES

as massage therapy, kinesiology and art therapy



3,701

INTERVENTIONS VIA THE INFO-CANCER HOTLINE



+40 YEARS

OF HISTORY

* Data collected for the year 2019