



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 **7TH EDITION** of *La marche du grand défolement* will be celebrated with walks during the month of September 2024.

Montreal > September 7

Trois-Rivières > September 8

Quebec City > September 15

Outaouais and Abitibi-

Témiscamingue > September 21

Granby > September 21



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 ▶ **Raise funds.**
- 4 ▶ **Walk** and have fun!

Sign up:

lamarchegd.ca



fqcancer

Let off steam and share it!
#jemedéfole

Why your participation is so important?



\$8.7M
raised

Over 200,000
unique visitors on
cancerquebec.ca and
cancer15-39.com

9
new partners

Nearly 35,000
nights spent in
our 6 Lodges

Your impact across the province

Over 3,850
interventions through
our Info-cancer Services

Nearly 135
telephone peer matching

26,194
donors

Over 17,000
participations in
complementary therapies

Nearly 100
experienced oncology professionals
and staff members

Over 36,000
unique visitors via the
Info-cancer Library

**One in two Quebecers will face cancer.
But both of them will need support.
We are there for them.**