



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 **8<sup>TH</sup> EDITION** of *La marche du grand défolement* will be celebrated with walks during the month of September 2025.

**Montreal** > September 6

**Trois-Rivières** > September 7

**Rouyn-Noranda** > September 7

**Outaouais** > September 13

**Granby** > September 20

**Quebec City** > 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](http://lamarchegd.ca)



Let off steam and share it!  
#JeMeDéfole

fqcancer

# Why your participation is so important?



**\$9.3M**  
raised

**Over 210,000**  
unique visitors on  
cancerquebec.ca and  
cancer15-39.com

**8**  
new partners

**Over 33,000**  
nights spent in  
our 6 Lodges

## Your impact across the province

**Over 4,000**  
interventions through  
our Info-cancer Services

**Over 100**  
telephone peer matching

**Over 26 000**  
donors

**Over 20,000**  
participations in  
complementary therapies

**Over 850,000**  
coverage  
on social media

**Nearly 125**  
experienced oncology professionals  
and staff members

**Over 53,000**  
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.**