



## New Fearless Physical Activity Event

News  
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### New Fearless Physical Activity event have been scheduled for Ottawa!

#### Ottawa

Sunday June 16 2-5pm

Bonnenfant Y Outdoor Education and Leadership Centre, 1620 6th Line Road, RR#1 Dunrobin, ON K0A 1T0

To register visit: <https://www.cchaforlife.org/webforms/fearless-physical-activity-registra...>

Come out and join the fun at our Fearless Physical Activity event. These events are to education children and adults and their families about physical activity and exercise while living with congenital heart disease (CHD). They are held across Ontario in London, Ottawa, Thunder Bay or Sudbury and Toronto for all ages and all levels of ability and experience! Past events have been successful in creating new connections amongst CHD families, as well as new partnerships with local recreational facilities. These new connections will help to continue to strengthen the support of the CCHA and CHD community.

Read some of the feedback from past events:

*"A well organized event with an opportunity to try different activities. It was wonderful to interact with others who have CHD in an active setting."* Ottawa Event

*"I enjoyed the afternoon. It was a great way to meet some people and learn about the breadth of activities we should consider in our everyday lives to improve our fitness and health."* Toronto Event

*"A great day! Wonderful to get together with other CHD folks, share stories and exercise together. Thank you!"* London Event

*"This was a great experience for my young daughter. She had a great time and made some new friends!"* Sudbury Event

Please send inquiries to [info@cchaforlife.org](mailto:info@cchaforlife.org)

*This program was developed through funding from the Ministry of Tourism, Culture and Sport, and in partnership with CHEO Research Institute and recreational facilities in your local community.*