



## **New Fearless Physical Activity Events**

News

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**New Fearless Physical Activity events have finished for the summer, thanks to everyone who came out!**

**Check back in the fall for new dates and locations.**

### **Hamilton - Cancelled**

Sunday July 21 12noon-3pm

Gage Park, 1000 Main Street East, Hamilton ON L8M 1N6

### **Ottawa**

Sunday June 16 2-5pm

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

### **Toronto**

Sunday July 14 9am-12noon

University of Toronto Athletics Centre, Fieldhouse 4, 55 Harbord Street, Toronto ON M5S 2W6

### **Kingston**

Tuesday July 16 5:30-8:30pm

Wright Crescent YMCA, 100 Wright Crescent, Kingston ON K7L 4T9

Come out and join the fun at our Fearless Physical Activity event. These events are a chance to learn and try out a variety of fun physical activities for people of all ages and abilities living with congenital heart disease (CHD) and their families, to encourage an active lifestyle without fear. These events include an educational session to talk about fears and learn tips and tools to overcome fear and barriers to physical activity. Events are also an opportunity to connect and network with other CHD families and build a support system within your local 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)

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