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Wednesday, April 30th, 2025

## The 11th edition of the 6H En Cœur: A solidarity movement for children with heart disease



Phot credit: Mélissa Vincelli

**Montreal, April 2025** - The En Cœur Foundation is proud to announce the return of its signature event, the 6H En Cœur, presented by Desjardins. From May 10<sup>th</sup> to the 24<sup>th</sup>, 2025, hundreds of participants across Quebec and beyond will join forces to make a difference in the lives of children with congenital heart disease and their families.

This 2025 edition kicks off on May 10<sup>th</sup> at Maisonneuve Park in Montreal, and continues with a large gathering on May 24<sup>th</sup> at the Base de plein air de Sainte-Foy, with the option of participating remotely at any time between these two dates. Whether walking or running, participants are invited to move for six hours, alone or in teams, at their own pace, but always from the heart.

The 6H En Cœur is much more than a physical challenge. It's a collective outpouring of solidarity that raises crucial funds to support families who have a child living with a heart defect. Thanks to this mobilization, the En Cœur Foundation can offer psychological support, financial aid, temporary accommodation and concrete resources adapted to their needs.



Photo credit: Mélissa Vincelli

Thank you to our honorary families: **Martin Family** (Montreal), **Hamel Family** (Quebec City) and **Bellerive Family** (Remote).

Thanks to our honorary co-presidents for their involvement: **Luc Blier**, Vice-President investment and development Codimm Société immobilière, **Omid Hagheghi**, Vice-President and General Manager Ingetec Experts Conseils and Superteck Experts Conseils, **Stéphane Dion**, President Paradigme Stratégies and **Rehman Manji**, Business Development Avatek Immobilier.

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To donate, visit: [6hencoeur.org](http://6hencoeur.org)



Photo credit: Mélissa Vincelli

*« The 6H En Cœur is an outpouring of love and solidarity. Every step, every donation counts. Thanks to your participation, we can change the lives of hundreds of families.. »*

– Valérie Roberts, event spokesperson

A corporate category is also available for companies in the region wishing to get involved as a team.

Registration is now open at [6hencoeur.org](http://6hencoeur.org). The Foundation invites everyone to join this movement of the heart, in support of children with heart disease.

Thanks to our many partners & donors: Desjardins, Soccer Sport Fitness, Fondation Maurice Tanguay, Cain Lamarre, McDonald's, Carton & Guay, Canac, iA Financial Group, Biscuits Leclerc & Jean Coutu.

### About the En Cœur Foundation

In Quebec, 1 child in 100 is born with a heart disease or malformation that will require medical follow-up. That's 900 new families facing this diagnosis every year. The mission of the En Cœur Foundation is to help congenital heart children and their families by providing information and support services. En Cœur also aims to raise public awareness of the importance of supporting children with heart disease and their parents.

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