



wednesday june 4, 2025

6H En Cœur 2025 presented by Desjardins: Nearly 1,000 participants united for children with heart disease!

Photo credit: Mélissa Vincelli



Montreal, June 2025 - The En Cœur Foundation would like to express its deep gratitude to all the participants, donors, volunteers and partners who contributed to the remarkable success of the 11th edition of the 6H En Cœur, presented by Desjardins. A total of **\$350,000** was raised for families - thank you all so much!

The challenge began in the rain on May 10th at Maisonneuve Park in Montreal, and ended on May 24th with a festive gathering at the Base de plein air de Sainte-Foy. Between these two dates, several teams and participants also took up the challenge from a distance, demonstrating that it's possible to make a real difference, wherever you are. Walk, run or simply move for six hours - each at his or her own pace, but all united by heart.

The 6H En Cœur is first and foremost a great movement of hope, enabling the Foundation to pursue its mission of offering psychological support, financial aid, temporary accommodation and resources adapted to families living with the reality of heart malformations.



Photo credit: Mélissa Vincelli

Thank you to all those who supported this edition:

- Our honorary families: the Martin family (Montreal), the Hamel family (Quebec City) and the Bellerive family (from afar), for their inspiring testimonials.
- Our committed and generous honorary co-presidents: 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.
- Our spokesperson, Valérie Roberts, for her support and kind words.

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To donate, visit: 6hencoeur.org



Photo credit: Mélissa Vincelli

The corporate portion also enabled a number of local companies to get involved as a team, reinforcing the collective spirit of the event.

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

Thanks also to our many service partners.

If you haven't had a chance to donate, there's still time, but hurry: 6hencoeur.org

Thanks to you, the heart of solidarity beats stronger than ever.

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 Fondation En Cœur 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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