



Presented by **tanguay** **Praeventia** Une bouillie de bon cœur MINI BISCUITS In collaboration with **Desjardins**

PRESS RELEASE

FOR IMMEDIATE RELEASE

Photo credit: Mélissa Vincelli

Tuesday, June 2th, 2026

Over \$445,000 raised at the 6H En Cœur 2026: an exceptional mobilization for families!

Montreal, June 2026 - The 6H En Cœur 2026, presented by Tanguay & Praeventia, in collaboration with Desjardins, concluded on May 23 in Quebec City, amid a wave of emotion, solidarity, and unprecedented generosity. Thanks to the remarkable mobilization of the En Cœur community, a record amount of nearly **\$445,000** was raised to support families in need.

The event brought together participants from all backgrounds around a common goal: to provide support and hope to families.



Crédit photo: Frédéric Lavoie

This year, **nearly 1,000 participants** came together across the three components of the event – in Montreal, Quebec City, and online – once again demonstrating the strength of the movement and the importance of the cause supported by the 6H En Cœur.

“ The 2026 edition will remain etched in our memories. **Seeing so many people mobilize with so much heart for families is deeply moving.** Every participation, every donation, and every gesture of support contributes concretely to making a difference,” the organization notes.

Self-transcendence in the spotlight

A special mention goes to Jean-Paul Trudeau, who took on an exceptional challenge by walking for **24 hours and covering 115 km** at the Base de plein air Ste-Foy. Congratulations on this impressive feat! Well done to all participants for every kilometre completed.



Photo credit : Frédéric Lavoie

By taking part in the 6H En Cœur, the public directly contributes:

\$100: Allows the purchase of small medical equipment

\$80: Provides financial support to a family

\$30: Donation of a therapeutic teddy bear





To donate, visit : 6hencoeur.org

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The organization would like to warmly thank the honorary co-chairs, **Nathalie Ducharme**, Chief Operating Officer at Bédard Ressources humaines, and **Stéphan Landry**, Director of Operations for Quebec and Eastern Ontario at Primaris, for their commitment and valuable contribution to this edition.

A huge thank you as well to the **members of the honorary committee**: Luc Blier, Vice-President, Investment and Development at Société immobilière Codimm; Omid Hagheghi, Vice-President and General Manager at Ingetec Experts Conseils; Rehman Manji, Director of Business Development at Avatek Immobilier; and Stéphane Dion, President of Paradigme Stratégies.



Photo credit: Mélissa Vincelli

The event highlighted the exceptional commitment of participants, volunteers, donors, companies, and ambassadors who contributed to the success of this historic edition.

Hosted by Patricia Demers in Montreal and Élodie Déry in Quebec City, the celebration also honoured the families of honour and recognized the winners of the incentive program highlighting the highest fundraising achievements.

The Foundation would like to highlight the valuable contribution of its **many partners**: Praeventia, Tanguay, Desjardins, GDI Services, Valero, Méga-parc, Poly-Toiture Inc., Trudel Sécurité Inc., Rénovation MFSR, Revenco Inc., Paradis Aménagement Urbain, Pretium Engineering Inc., Laberge, Cain Lamarre, Banque Scotia, For-net, Construction N. Bossé, Caron & Guay, Bédard RH, Patriarche Architecture, Hôtel ALT Québec by Le Germain, and Puribec. Thank you also to the many service partners.

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About the En Cœur Foundation: We support children living with a heart disease or heart defect, as well as their families, throughout Quebec.