



The Canadian Congenital Heart Alliance is proud to present:

# Fearless Physical Activity



Fun-filled activities designed for children, youth and adults living with congenital heart disease

## Sudbury Events

Event Type	Date & Time	Location	
Spring	Northern region events will be held in Thunder Bay. Please see Thunder Bay schedule for more details.		
Summer	Adult	Saturday, July 22 <sup>nd</sup> 9am – 12pm	Sudbury YMCA 140 Durham St, Sudbury, ON
	Youth	Saturday, July 22 <sup>nd</sup> 1pm – 4pm	
	Child	Sunday, July 23 <sup>rd</sup> 12pm-3pm	
Fall	Northern region events will be held in Thunder Bay. Please see Thunder Bay schedule for more details.		
Winter	Adult	Saturday, November 18 <sup>th</sup> 9am – 12pm	Sudbury YMCA 140 Durham St, Sudbury, ON
	Youth	Saturday, November 18 <sup>th</sup> 1pm – 4pm	
	Child	Sunday, November 19 <sup>th</sup> 12pm-3pm	

For More Information visit [www.cchaforlife.org](http://www.cchaforlife.org)  
Questions? Contact Jenna at [jennayaraskavitch@cchaforlife.org](mailto:jennayaraskavitch@cchaforlife.org)

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