



## **CCHA wants to hear your ideas for our “Fearless Physical Activity” events!**

News

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Survey Invitation for New CHD “Fearless Physical Activity” Events

### **CCHA wants to hear your ideas for our “Fearless Physical Activity” events!**

CCHA needs your help to design physical activity events specifically geared towards children, youth and adults with CHD.

In order for CCHA to make these “Fearless” events as helpful and successful as possible, you are invited to complete a very brief survey asking for your opinion on the design of these events. *What activities would interest you? When and for how long would you want to participate?*

The survey will take only 5 minutes. Click on the link below for more information on the survey and instructions on how to get started.

[https://www.surveymonkey.com/r/Fearless\\_Physical\\_Activity\\_Survey](https://www.surveymonkey.com/r/Fearless_Physical_Activity_Survey)

We need to hear from you by **November 20<sup>th</sup>, 2016**.

The Canadian Congenital Heart Alliance (CCHA) has received project funding from the Ontario Sport and Recreation Communities Fund of the Ontario Ministry of Tourism, Culture and Sport. CCHA is partnering with CHEO Research Institute to deliver this project. The goal of the project is to provide events for children, teens and adults with CHD, as well as their families. The events will be designed to encourage people with CHD to adopt a healthy, active lifestyle that is appropriate to their CHD diagnosis. The events will also provide an opportunity to network with other CHD families and learn more about the CCHA.

*Participation in this survey is voluntary. By accessing and completing this survey you are giving your implied/passive consent to participate in the survey. The survey does not collect information about your name or email address and responses will be presented in group format only. If you have any questions about this survey, please contact Pat Longmuir, PhD at 613-738-3908. The CHEO Research Ethics Board (REB) has reviewed this protocol.*