



Relay For Life

Picture yourself walking a track while hundreds of people cheer you on. The baton you hold in your hand is a powerful symbol of your personal commitment to make an impact in the fight against cancer. As you complete your lap and pass the baton to a teammate, you feel an overwhelming sense of pride in knowing you're united with Canadians in communities across the country to create a world where no one fears cancer.

When?

Each community Relay is unique. Relay events are either 6 or 12 hours long and can be scheduled for any time of the day or night. Most Relays take place in the spring and summer. [Search for your event](#) to find out more, by visiting the following website: www.cancer.ca.

Raising funds to fuel the fight

When you register for Relay For Life, you set a fundraising goal and work with a team or on your own to raise funds to advance cancer research and support Canadians living with cancer. By raising funds as a participant in Relay For Life, you will make progress against this disease by funding Canada's best and brightest researchers who are working tirelessly toward the next breakthrough. You will also help to ease the burden of cancer by providing vital information services and compassionate support programs for people with cancer and their families.

(Source : www.cancer.ca)

Here's an idea!

Why not set a date to raise funds for a cause that is important to you as a company!

Cycle for Health and Happiness

Cycling is good for your heart, improves your balance and co-ordination, helps with weight control, enhances your general well-being and promotes mental health. Beyond the health benefits, it's an enjoyable way to get around.

Health experts believe that after just a few weeks of regular cycling, regardless of age, gender or initial physical fitness, the cyclist will be fitter and enjoy a greater sense of well-being.

Don't forget to wear a helmet!

Visit the La Route Verte website to get your itinerary and view maps to different cycling paths in the region: www.routeverte.com.

Bicycle Paths in Quebec

Les berges du fleuve Saint-Laurent

With a length of 21.7 kilometers, this extraordinary and uninterrupted path follows the St. Lawrence River, from the west side of the Bonaventure highway in Verdun to René-Lévesque park in Lachine.

Le P'tit Train du Nord

Discover a bicycle path of 200 km between Saint-Jérôme and Mont-Laurier. This is the longest linear park in Canada!

Vélo piste Jacques-Cartier/Portneuf

This bicycle path is built on the former railway line with a length of 68 km and connecting Saint-Gabriel-de-Valcartier to Rivière-à-Pierre in the Quebec region.

(Sources : www.quebecvacances.com and www.canadasafetycouncil.org)



May is Multiple Sclerosis Awareness Month

Every year more than 40,000 Canadians in more than 160 communities across our country support the **MS Walk** and raise vital funds for people living with multiple sclerosis.

On **May 24, 2015**, all of Quebec will walk for people with multiple sclerosis. Find a MS Walk held near you by visiting the Multiple Sclerosis Society of Canada's website: www.scleroseenplaques.ca.