



## Breaking News - 'Fearless Physical Activity' project awarded grant from Ontario Ministry

News

jennifer

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The Canadian Congenital Heart Alliance (CCHA) is thrilled to announce they are the successful recipients of a grant from the Ontario Ministry of Tourism, Culture and Sport. This grant will fund a comprehensive, ground-breaking two-year study - *'Fearless Physical Activity'* - to support the delivery of high-quality, meaningful physical activities for children, youth and adults with congenital heart disease (CHD) and their families.

Thanks to an Ontario Sport and Recreation Communities Fund grant of \$186,934, this unique project, in collaboration with Dr. Pat Longmuir of the Healthy Active Living and Obesity (HALO) Research Group at the CHEO Research Institute will support approximately 700 Ontarians living with CHD throughout Ontario to help them to be 'fearless' in pursuing an active lifestyle.

Day long 'Fearless' events for children, youth and adults with congenital heart disease (CHD) and their families will be held across Ontario throughout 2017. Upon completion of this project, all of the 'Fearless' events and educational materials will be available in both English and French via the CCHA website. These resources will enable people with congenital heart disease (CHD) across Canada to lead active, healthy lifestyles without fear.

To see the announcement from the Ministry of Tourism, Culture and Sport <https://news.ontario.ca/mtc/en/2016/08/province-investing-72-million-to-support-healthy-and-active-communities.html>

To see the full list of 2016-17 Ontario Sport and Recreation Communities Fund recipients <http://www.grants.gov.on.ca/GrantsPortal/en/OntarioGrants/GrantOpportunities/PRDR006918>

Stay tuned for more details in the coming weeks.

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