



Fearless Physical Activity resources now available!

News
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Fearless Physical Activity

The Canadian Congenital Heart Alliance (CCHA) partnered with the CHEO's HALO Research Institute and recreational facilities in your local community to deliver Fearless Physical Activity events for children, teens, and adults living with congenital heart disease (CHD) held across Ontario in 2017.

Connect - Discover - Learn



CONNECT: opportunity to network with other CHD families

DISCOVER: community resources that will help you to lead an active lifestyle

LEARN: a variety of fun physical activity opportunities to enable those living with CHD to adopt an active lifestyle without fear

*"It was great to be able to **connect** with other CHD families in a **fun & active way**"*



Interested in Fearless Physical Activity? Check out our resources here [Fearless Physical Activity](#)

Funding provided through a grant from the Ontario Ministry of Tourism, Culture and Sport

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