



LA FONDATION DE L'HÔPITAL D'ARGENTEUIL THE ARGENTEUIL HOSPITAL FOUNDATION

THE ARGENTEUIL HOSPITAL FOUNDATION (AHF)

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## Press Release

For immediate release

### ***“COURIR À NOTRE SANTÉ” IS BACK THIS YEAR WITH A BRAND NEW LOOK***

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**Lachute, April 20th, 2021** -- “Courir à notre Santé” is back this year from June 3rd till the 6th with a brand new look but always in collaboration with the The Saint-Jérôme Regional Hospital Foundation. This annual sporting event is a great way for all of us to exercise while benefiting our Argenteuil Hospital Foundation (AHF).

Of course, this year, we had to adapt to the still ongoing pandemic. Therefore, participants will have a whole weekend to run or walk in their own neighborhood and not in a crowd at the Montreal Premium Outlets in Mirabel like previous years. Each participant will choose his or her own challenge: 5k run? 10k walk? Whatever you decide!

The entry fee of \$25 / participant remains the same whatever choice of challenge you make. However, new this year, the many corporations or businesses in our region can choose to participate under the “corporate team” banner. This option allows you to form a team with your colleagues and friends with an opportunity of team building while supporting your local hospital’s foundation!

Since you are invited to run or walk in your own town, we have decided to show off the many beautiful parks and green spaces of our MRC d’Argenteuil. So, till then, many different parks will be highlighted on our various social media sites.

You can choose whatever option you prefer and whatever hospital you wish to support by going on [www.couriranotresante.com](http://www.couriranotresante.com) and fill out the registration form.

Let’s all stay active together!



**About us:** The Argenteuil Hospital Foundation is solely mandated to elaborate and develop ways to raise funds in order to invest responsibly in the healthcare and technology of the Argenteuil “Centre de santé et services sociaux (CMSSS). It is recognised as a major player for its support of and development in vital patient care throughout our hospital, CLSC and two long care facilities (CHSLD).

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