



Hello,

I confirm the participation of: _____ in the **Les beaux 4h Fondation Martin-Matte** event.

When: The day of their choice in February 2021

Where: The location of their choice, around their neighborhood

WHAT IS IT?

- *Les beaux 4 heures Fondation Martin-Matte* is a major fundraiser and 4 hours of fun.
- It's easy to participate:
 - Register on their own or in teams of 2, 3 or 4 people.
 - Collect as many donations as they can until February 28, 2021.
 - The concept: In February 2021, do your own *Beaux 4h*. Accumulate 4 hours of outdoor activities and share your moments on our Facebook event page. Downhill skiing, cross-country skiing, walking, running, snowshoeing, fat bike, sliding. Each team member can do the activity of their choice.
- Each participant is required to raise a minimum of \$250 (for adults) and \$100 (for children) (which includes the registration fee of \$20 per participant).
- By registering, each participant will receive the event's official tuque to be worn on the day of the challenge.

OBJECTIVE

To raise as much money as we can **to support projects that offer children and adults with a head injury or physical disability a better quality of life**. Donors will receive a tax receipt for donations over \$20.

PROJECTS

The projects supported are:

- ◇ **Adapted housing across Quebec.**
- ◇ **New respite programs** in different regions of Quebec, to offer caregivers a well-deserved break.

Thank you for your support.

Martin Matte

Founder, Fondation Martin-Matte