

# TOUGO CHALLENGE

summer camps



## THE *TOUGO CHALLENGE* SUMMER CAMPS: FOR A FUN AND MOTIVATING HEALTH BOOST!

Dear parent,

The *TOUGO Challenge summer camps*, which will take place from **July 10 to 14, 2023**, is among the activities your child will participate in. Every day, the kids will take up fun challenges related to healthy eating, physical activity, and relaxation.

Participating summer camps have the chance to win amazing prizes. A great reward for adopting healthy habits all summer long!

## WHAT IS TOUGO?

TOUGO is your health ally. Whether you're looking for ways to be more active every day, recipes for healthy snacks, or tips to feel good in body and mind, TOUGO has what you need! (content of the website in French only)

For more information about the *TOUGO Challenge summer camps*, visit [www.tremplinsante.ca/en/](http://www.tremplinsante.ca/en/) or [montougo.ca](http://montougo.ca).

Special collaboration

**Association québécoise  
de la garde scolaire**

