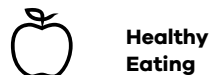


Fondation Tremplin Santé
supports
youth
organizations
 with its **Power Up program**
 so that
healthy
 habits can thrive

Free program



Healthy Eating



Physical Activity



Well-being

Contact Us

info@gopowerup.ca
 1-833 648-1444

Follow Us



tremplinsante.ca/en

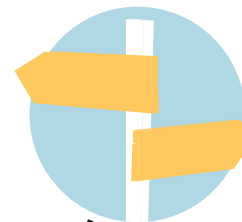
180 Games, Activities and Tools

available to your entire team through an online portal.



Personalized Support

offered by a dietician and a kinesiologist to easily set up projects on healthy habits.



4 Exciting Challenges

To spice up youth's and counselor's summer.



Interactive Training

for managers, coordinators and counselors.



2 Contests

Healthy habits always win!



More than 150 recipes

to cook onsite or with family.



Funding

so that more organizations can present or improve projects on healthy habits.



Vacation Grants

to offer an enriching experience to young people from vulnerable communities



Thank you to our partners :



Public Health Agency of Canada / Agence de la santé publique du Canada

