

TOUGO CHALLENGE

school daycare



Dear parent,

The *TOUGO Challenge*, which will take place from **April 17 to 28, 2023**, is among the activities your school's daycare service is happy to participate in. For two weeks, the children will take up fun challenges related to nutrition, physical activity, and relaxation.

Participating daycare services have the chance to win amazing prizes. A great reward for adopting healthy habits throughout the year!

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!

To find out more about TOUGO, visit montougo.ca or [sign up for the TOUGO newsletter](#) (in French only).

THE TOUGO CHALLENGE

FOR A FUN AND MOTIVATING HEALTH BOOST!



ASSOCIATION QUÉBÉCOISE DE LA GARDE SCOLAIRE
SOUTENIR
REPRÉSENTER
MOBILISER