



**Press release
For immediate distribution**

The Jean Coutu Group supports the 2020 virtual edition of the Défi Vélo Parkinson Québec

An event benefiting those who live with Parkinson's Disease.

Montreal, August XX, 2020 - It is under the honorary presidency of Alain Champagne, president of the Jean Coutu Group, that the virtual edition of the Défi Vélo Parkinson Québec will take place. Given the isolation of people living with Parkinson's disease related to the COVID-19 pandemic, the Jean Coutu Group and its banners, Jean Coutu and Brunet, are even more supportive and invite the public to participate in large numbers.

Cycling and raising funds all throughout the season

"A few weeks ago, we wondered about the survival of our major activities for our annual fundraising campaign, which helps us support people with Parkinson's disease and their caregivers," says Nicole Charpentier, director general of Parkinson Québec. "Despite the current situation, we must continue to move forward, and that's what motivated us to work with our partners Jean Coutu, Brunet and Pro Doc to find a new way of raising funds."

"When I attended the event last year, I was particularly touched by the participants' involvement and the human side of the initiative. It is thus with pleasure that I accept the honorary presidency of the 2020 edition of the Défi Vélo Parkinson, an event which, since its very beginning, has brought together many colleagues from the Jean Coutu Group every year. Parkinson Québec's health mission in support of the 100,000 Quebecers affected by the disease goes hand in hand with that of our banners Jean Coutu and Brunet," mentions Alain Champagne, president of the Jean Coutu Group.

To allow more people to gather around a common cause, no registration fees are charged. The community counts on the support and generosity of this exceptional edition's cyclists to reach the goal of collecting 120,000\$ in donations. This year, while following social distancing directives, the Défi Vélo suggests four methods of participation: accumulating kilometers over several sessions of outdoor or stationary cycling and organizing a solo or a team outing.

Additionally, from September 10 to October 1, in collaboration with Jean Coutu and Brunet, make a \$10 donation to Parkinson Québec by texting the word VÉLO to 20222.

Parkinson Québec has reacted to the current confinement situation by strengthening its support for people who live with Parkinson's disease and feel isolated. During these times, those living with Parkinson's are particularly vulnerable

to a slowed pace of activity and a reduced social life. Parkinson Québec has challenged itself to help them in a different way, by creating, among other things, an online services platform: vousavezlepouvoiragir.ca. An event like the Défi Vélo allows the organization to keep supporting people who live with the disease and their families.

To take part in this event, registrations are to be done at <https://parkinsonquebec.ca/en/events/defi-velo/>

Défi vélo | Open to the public, the Défi Vélo Parkinson is an event initiated by the community which has been organized by Parkinson Québec for 10 years. This year, the Défi will take place virtually and participants can choose between four participation methods. <https://parkinsonquebec.ca/en/events/defi-velo/>

Jean Coutu Group | The Jean Coutu Group, a subsidiary of METRO, operates or acts as the franchisor of a network of 650 pharmacies primarily under the Jean Coutu and Brunet banners. With annual sales of approximately 16 billion dollars, METRO is a leader in food and pharmaceutical distribution in Quebec and Ontario, providing employment to nearly 90,000 people. <https://www.jeancoutu.com/> <https://www.brunet.ca/sante/masante/>

Parkinson Québec | Parkinson Québec is the reference for the Parkinson's community and health professionals, as well as the provincial advocate for 25,000 Quebecers living with the disease and their caregivers. It fosters the power to act and represents the Parkinson's community to defend its rights and interests. It also contributes to research on Parkinson's disease. parkinsonquebec.ca

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