



**PRESS RELEASE
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**MEDICART TAKES PART IN THE FITSPIRIT MOTHER/DAUGHTER RELAY TO PROMOTE
PHYSICAL ACTIVITY AMONG TEENS**

QUEBEC, August 17, 2020 – Medicart Corporation, a network offering medico-aesthetic treatments, including dermatology and phlebology, took part in the virtual edition of the Fitspirit Mother/Daughter relay this past weekend. The relay is Fitspirit's flagship event during which mother-daughter teams of two or three take on the challenge of walking or running a total of 20 km over two days. The Medicart team raised a total of \$7,375 in donations for the event.

Julie Bédard, President of Medicart, was one of seventeen influential Quebec businesswomen who took part in the event as one of its leaders. Joined by her daughter Ann-Victoria, she rose to the challenge of running 20 kilometres along with 35 members of the Medicart network. "If we are to inspire young women to commit to sporting activities, we need to be active ourselves and adopt healthy lifestyle habits," stated Ms. Bédard.

A distinguished lawyer and administrator, Julie Bédard is truly a dynamic businesswoman. "Sporting activities have always been a part of my daily life and have been undeniably beneficial for my career," claims Ms. Bédard. "They have helped me adopt healthy lifestyle habits and remain disciplined and determined while also helping me manage my stress. It's an experience that I really wanted to share with others."

"We are proud that we were able to raise this money for Fitspirit, thanks to key partners such as Walter Capital Partners, CTRL, National Bank and Malenfant Dallaire. By doing so, we are helping prevent teenage girls from giving up sporting activities and helping them become active and remain so throughout their lives," added Ms. Bédard.

"At puberty, many young girls become disengaged from physical activity and sports, emphasizes Claudine Labelle, President and Founder of Fitspirit. But, thanks to the success of the Fitspirit Mother/Daughter relay and the donations received, we can continue working with schools to motivate young girls, offer them the resources they need to get moving and teach them how to excel through sport."

The seventeen businesswomen who took part in the FitSpirit Mother/Daughter relay embody the values of this philanthropic activity. "We solicited women who can testify to the importance of sport in their lives and careers. They demonstrate, by example, that physical activity is a determining factor in adult success," explained Ms. Labelle.

FitSpirit is a Quebec charity organization whose mission is to motivate teenage girls to become active for life. The Fitspirit Mother/Daughter relay, which began two years ago, was converted into a virtual event this year due to the COVID-19 pandemic.

Medicart, under the medical direction of Dr. Michèle Ohayon, is a network of clinics specializing in medical-esthetic care, dermatology and phlebology. The banner includes *Medicart dermatologie*

esthétique (Ville Saint-Laurent), *Medicart phlébologie* (Montreal), the Dr. Beaupré Vein Clinic (Ottawa) and the Epiderma network (31 clinics throughout Quebec and in Ottawa), which is celebrating its 20th anniversary this year.

About Medicart

Medicart, owned by Walter Capital Partners and Pierre Montminy, was created to offer consumers the most complete range of beauty and wellness treatments delivered in a safe and accessible manner by experienced healthcare professionals and technicians under the same multidisciplinary brand. Medicart is committed to bringing together various categories of complementary clinics specializing in dermatology, phlebology and esthetic medicine. The umbrella brand now owns the network of 31 Epiderma clinics in Quebec and Ontario—with over 250,000 clients and over 2.5 million treatments carried out since 2000—as well as the *Medicart dermatologie esthétique* clinic (formerly known as *Clinique de dermatologie esthétique de Montréal*) in Ville Saint-Laurent, *Medicart phlébologie* (formerly known as *Centre de phlébologie*) and the Dr. Beaupré Vein Clinic in Ottawa.

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