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4 Korners' April News

Spring is in the air! This month's highlights include the **Health Caravan**, the arrival of the **Health Passport and** the 2016 edition of the **Laurentian Services Directory**.

AS YOU MAY HAVE HEARD, 4 Korners Family Resource Center has been touring the Laurentians with the Health Caravan. This highly successful tour heen providing English-speaking families with access to 3rd year health professionals from John Abbott College who have been offering a multitude of health and social services. So far, those attending were able to have their blood sugar and blood pressure tested, received electrocardiogram examinations, among other services. Information on nutrition and many other health related topics in English was also offered to the English-speaking communities.

Feedback from a satisfied Health Caravan visitor

"It's very informative, I had found out that I had previously had a heart attack when they took the electrocardiogram test. Though I didn't even realize I had one it showed on the test! We also learned that when we are taking our blood pressure at home, not to lay down, we should always be sitting up. The Health Caravan is a very good idea for our community, they were all so very willing to take the time to talk and explain things. We didn't feel rushed at all. We also got to have our blood tested for glucose and cholesterol."

- Ellen W.

The last two stops for the Health Caravan will be on

Wednesday, April 6, 2016 at the following locations and times:

GORE

Trinity Community Center 2, rue Cambria 9:30 a.m. to 12:00 p.m.

MORIN HEIGHTS

St-Eugene Church 148, rue Watchorn (Salle Watchorn) 1:30 p.m. to 4:00 p.m.









AVAILABLE NOW

THE FIRST PRINT EDITION OF THE

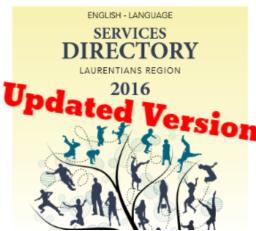
HEALTH PASSPORT ADAPTED TO THE

LAURENTIANS AT ANY ONE OF OUR THREE

CENTERS.

WHAT IS IT THE HEALTH PASSPORT?

This booklet serves as a guide to make it easier for an English-speaking person to communicate with French-speaking health professionals.



THE SECOND PRINT EDITION OF THE LAURENTIAN ENGLISH-LANGUAGE SERVICES DIRECTORY

IS AVAILABLE NOW!

You can view it online or pick up your copy at one of our three locations.

IS YOUR ORGANIZATION INTERESTED IN RECEIVING COPIES?

Email us

at <u>info@4kornerscenter.org</u> for more information on requesting copies.

CHSSN



Health Canada Santé Canada

IS YOUR ORGANIZATION INTERESTED IN RECEIVING COPIES?

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PREFER GOING PAPERLESS?

You can also use the online Health Passport on your smartphone or tablet, and the app will save your information on your mobile device.



To explore the Health Passport online

For Caregivers

Who is a caregiver?

Caregivers can be anyone; a son, daughter, sibling, friend or spouse of any age who cares

Centre intégré de santé et de services sociaux des Laurentides







Funded and distributed by **Moisson Laurentides**, the **Good Food Box program**operates throughout the year with individuals
placing orders for fruit and vegetables every
two weeks. The boxes are sold at a set price
and contain a variety of top quality fruit and
vegetables and, according to the size selected,
in a quantity that is sufficient to last one full
week.

Upcoming payment deadlines:
April 13, 2016 at 12:00 p.m.
for delivery on April 29, 2016
April 27, 2016 at 12:00 p.m.
for delivery on May 3rd, 2016

Learn more about the Good Food Box





4 Korners Family Resource Center offers monthly support groups the first Monday of each month in Deux-Montagnes? All caregivers are welcome to join.

7- WEEK PROGRAMS TAILORED TO CAREGIVERS ARE AVAILABLE IN DEUX-MONTAGNES AND ARGENTEUIL.

For more information or to register, please contact 4 Korners at

450-974-3940 or 888-974-3940 or by email at

info@4kornerscenter.org



Wednesday, April 13, 2016 at 10:00 a.m.:
Arthritis and Osteoporosis

at the Community Learning Center in the Lachute Regional High School (448 Argenteuil, Lachute, QC)

*Videoconference(s) funded by:





4 Korners Family Resource Center, in partnership with <u>Cal en bourg</u> and <u>Avenir</u> <u>d'enfants</u> are proud to offer 'Family Zone' an English Play Group for children less than five years of age with their parent(s):

Weekly on Thursdays from
January 21st to June 16th 2016
2:00 p.m. to 4:00 p.m.
Holy Trinity Church, 12 Préfontaine West,
Sainte-Agathe

Each session is divided into two segments with time for free play and also organized activities. You don't have to sign up, just bring a snack and come join the fun. This activity is free of charge! For more information on this program, please email: info@4kornerscenter.org.







Linan us at hinow-konnerscenteriory to register

for this event



The Annual Regional Exchange

will be held Thursday, April 28, 2016 9:30 a.m. to 2:30 p.m. To register, please contact 4 Korners at info@4kornerscenter.org

Please register by April 19, 2016



Head Office 1906 ch. d'Oka, Deux-Montagnes 1-888-974-3940

Monday, Wednesday, Thursday & Friday 8:30 a.m. to 12:00 p.m. 12:30 p.m. to 3:30 p.m.

Tuesday

8:30 a.m. to 12:00 p.m. 12:30 p.m. to 5:00 p.m.

Sainte-Agathe Satellite Office 50, rue Corbeil, Sainte-Agathe-des-Monts 819-324-4000 Extension 4330

Open on Tuesdays 9:00 a.m. to 3:00 p.m.

Lachute Satellite Office 508, rue Principale, Lachute 450-562-3553

Open on Tuesdays 9:00 a.m. to 3:00 p.m.

For more information on programs, services or activities, you can contact us at <u>450-974-3940</u> or toll-free at <u>888-974-3940</u> or email us at <u>info@4kornerscenter.org</u>



Our Mission

In a spirit of respect, support and empowerment the 4 Korners Family Resource Center, is a non-profit community organization dedicated to assisting youth, adults, seniors and their families in the Laurentian region to access information, resources and services in English.

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