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**LAURENTIANS
4K NEWSLETTER
March 2017**



Health Caravan

Health, Justice & Social Services Caravan



March is the Health, Justice & Social Services Caravan Laurentians Tour!
Deux-Montagnes, Sainte-Agathe, Lachute, Mt. Tremblant & Morin Heights.

Click on the image above to see details.



March is Nutrition Month!

- Eating should be joyful, not a source of frustration and confusion
- Join Canadians this Nutrition Month and Take the Fight out of Food
- Find a dietitian in your area: www.dietitians.ca/find



Visit www.NutritionMonth2017.ca

4 Korers will be holding information sessions on Nutrition to celebrate Nutrition Month.

For more information, see our activities.

Upcoming Activities in Argenteuil - [click here for more details](#)

Lunch & Learn Series

1st Aid & Safety in your Home

March 1, 2017

10:00 a.m. - 1:00 p.m.

Harrington Golden Age Center 259, Harrington Rd.

Health, Justice & Social Services Caravan

March 22, 2017

1:30 - 4:00 p.m.

Margaret Rodger Memorial Presbyterian Church, 463, rue Principale, Lachute

Lunch & Learn Series

1st Aid & Safety in your Home

March 15, 2017

10:00 a.m. - 1:00 p.m.

Avoca Community Center 192, Avoca Rd. Avoca

Information Session

Nutrition with Katja Leccisi

March 28, 2017

1:00 p.m. - 3:00 p.m.

CLC Lachute (Laurentian Regional High School) 448, ave. Argenteuil, Lachute

Upcoming Activities in Deux-Montagnes - click here for more details

Health, Justice & Social Services Caravan

March 1, 2017
2:45 - 5:00 p.m.
Lake of Two Mountains High School
2105, rue Guy, Deux- Montagnes

Cellule 6-12
Anxiety in Children w/Laura Young

March 2, 2017
7:00 - 9:00 p.m.
Maison des Citoyens
202, rue Henri-Dunant, Deux-Montagnes

Information Session
Backs & Balance

March 17, 2017
10:00 - 11:30 a.m.
4 Korner Head Office, 200, rue Henri-Dunant
Deux-Montagnes

Information Session
Nutrition with Katja Leccisi

March 22, 2017
1:30 - 3:00 p.m.
4 Korner Head Office
200, rue Henri-Dunant, Deux-Montagnes

Upcoming Activites in Rosemère - click here for more details

Information Session
Backs & Balance

March 7, 2017
1:30 - 3:00 p.m.
Rosemère Community Center
202, chemin de la Grand-Côte, Rosemère

Upcoming Activities - Upper Laurentians - click here for more details

Parent - child activity
Kids, Let's Talk!

Tuesdays: March 16 - May 4, 2017
2:00 - 4:00 p.m.
Ste. Agathe Academy

Health, Justice & Social Services Caravan

March 15, 2017
2:45 - 5:00 p.m.
Ste. Agathe Academy

Health, Justice & Social Services Caravan

March 29, 2017

9:30 a.m. - 12:00 p.m.

Salle des Loisirs

144, rue Couvent, Mt Tremblant

Health, Justice & Social Services Caravan

March 29, 2017

2:30 - 5:00 p.m

Saint Eugene Church

148 rue Watchorn, Morin-Heights

Caregivers - Workshops and Resources - Click for more information



MAXI, Sainte-Marthe-sur-le-Lac is having a community fundraiser. When you use specific coupons at their location, they will donate the equivalent to your community organization of choice. 4 Korers is grateful to be one of the community organizations sponsored by MAXI.



on programs for parents with children 0 - 5 years old.

more programs and events.

Éducaloi -

Web guides and practical legal tools and information for everyone in English and French. Click on Éducaloi's icon for more information.



Join an activity and become a 4 Korner member now **DONATE** or **RENEW** your membership to help support and grow 4 Korner activities and services in the region for everyone.



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Website

Our Mission

In a spirit of respect, support and empowerment, the 4 Korner 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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