

Your December Newsletter from 4 Korner; Stand Up! Program For Seniors, Health Canada Consultations, Holiday Safety Tips & More!

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Happy Holidays

*from the staff and board of directors of
4 Korner Family Resource Center*

*We hope your holidays will be filled with joy &
laughter through the New Year!*

Joyeuses fêtes

*De la part des employés et du conseil administratif
du Centre de ressources familiales 4 Korner*

*Que la paix et la joie de cette Fête soient avec vous
tous les jours de l'Année nouvelle!*



4 KORNER'S FAMILY RESOURCE CENTER WILL BE CLOSED FOR THE HOLIDAYS

From December 26, 2016 to January 2, 2017

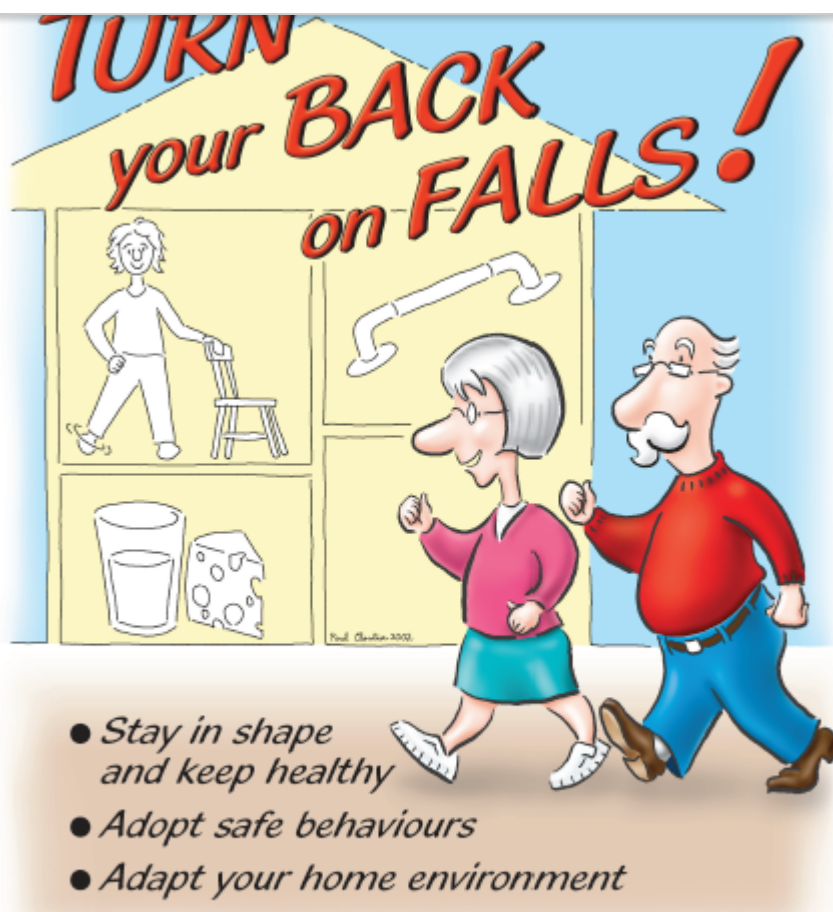
Our regular opening hours will resume January 3, 2017

Renew your membership

Become a 4 Korner's member

DONATE NOW...

& help 4 Korner's Family Resource Center support the English-speaking families of the Laurentians



**STAND UP! A FALL PREVENTION
PROGRAM FOR SENIORS**

Direction de santé publique
de l'Agence de la santé et des services sociaux de Montréal 2011

COMING TO 4 KORNER'S FAMILY RESOURCE CENTER IN 2017:

The Stand Up! program

STAND UP! is designed for healthy seniors who might be worried about falling or concerned about their balance. The goal of the STAND UP! program is to prevent falls and fractures among autonomous seniors (65 years and up) who live in the community.

The objectives of the program are

- to improve balance and leg strength;
- to develop the ability to make adjustments in the home and adopt safe behaviours;
- to enhance a feeling of effectiveness related to fall prevention;

(wrists, hips, and backbone);

- to encourage the practice of regular physical activity.

The Stand Up! program will be offered in Deux-Montagnes on Tuesdays **and** Thursdays from 10:00 a.m. to 11:30 a.m. for 12 weeks.

The first session will be held on Tuesday, January 10, 2017 at 10:30 a.m.

Registration deadline is December 23, 2016.

To find out more or to register, call us at [1-888-974-3940](tel:1-888-974-3940) or at [450-974-3940](tel:450-974-3940) or send us an email.

**RESERVE YOUR SPOT IN THE STAND UP!
PROGRAM NOW**

 Health Canada  **food guide consultation**

Phase I: Public Consultation Workbook

Provide your input until December 8, 2016



 Health Canada 

**Consultation on banning
partially hydrogenated
oils in foods**

Have your say today

Open until January 13, 2017



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INFORMATION EMPOWERS

Seniors and Financial Fraud



For Caregivers

[Visit our Website for information on caregiver programs and services available in English in the Laurentian Region.](#)

For Seniors

[Visit our Website for information on programs and services for seniors available in English in the Laurentian region.](#)

2017 Workshops

Tuesday, January 10, 2017
from 9:30 a.m. - 11:30 a.m.
in Deux-Montagnes

Thursday, January 12, 2017
from 1:30 p.m. - 3:30 p.m.
in Deux-Montagnes

Tuesday, January 10, 2017
from 1:30 p.m. - 3:30 p.m.
in Rosemère

Call 450-974-3940 for more information or
 to register.

IN HARRINGTON

Fraud Prevention

Learn about common fraud schemes
 and how to avoid them with the help
 of the SQ at the

Harrington Golden Age Center
 259, Harrington Road, Grenville-sur-
 la-Rouge

December 7, 2016
 10 a.m. to 12:00 p.m.

 [Eventbrite - Fraud Prevention](#)



LESAN
 LAURENTIAN ENGLISH SERVICES ADVISORY NETWORK

LESAN is a network of English-speaking people and their organizations and associations that has as its mission to improve access to services and, in particular, health and social services in their language. It enables the English-speaking community to establish common goals and be in a position to speak with one voice to promote improved access to services in English.

[Find out more about LESAN.](#)

If you would like to join a LESAN committee in your area, contact
[4 Korner Family Resource Center](#)



**For more information on programs, services or activities,
 you can contact us at [450-974-3940](tel:450-974-3940) or toll-free at [888-974-3940](tel:888-974-3940)
 or email us at info@4kornerscenter.org**



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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