

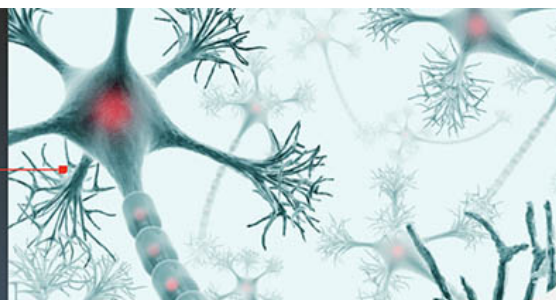
[Subscribe](#)[Past Issues](#)[Translate ▼](#)[View this email in your browser](#)

September 2022



## About Alzheimer's & Dementia

Dementia is an umbrella term for a collection of symptoms that are caused by disorders affecting the brain and impact on memory, thinking, behaviour and emotion



### September is World Alzheimer's Month

Each September, people unite from all corners of the world to raise awareness and to challenge the stigma that persists around Alzheimer's disease and all types of dementia.

This year's theme, 'Know Dementia, Know Alzheimer's' will have a special focus on post-diagnosis support.

Following recent developments and potential breakthroughs, in both dementia treatment and support, the campaign will aim to highlight the importance of support for people living with dementia and families following a diagnosis. Click [here](#) for more info.

**Did you know?** 4Korners is providing a free resource designed for people living with dementia and their care partners. It includes information on the science and progression of dementia as well as practical advice on safety and self-care and was created by a multidisciplinary team at the McGill University Dementia Education Program (DEP) in the Faculty of Medicine and Health Sciences (FMHS).

Contact [info@4korners.org](mailto:info@4korners.org) to receive your free copy! We can send it to you by

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

There is also a PDF version available in several languages which can be found [here](#)



# WE'RE HIRING!



4Korners is hiring! If you're a team player with professional experience then we'd like to meet you! 4Korners has a dynamic team and we also offer health/life insurance, an RRSP contribution plan, as well as extra time off during the holidays.

To view the full job postings visit our website by clicking the following links: [English](#) & [français](#)



**Check out all our activities starting back this  
September!**

[Arts & Culture](#)

[Individual, Family & Youth](#)

[Seniors & Caregivers of the Elderly](#)

Quick links above may not be compatible on some mobile devices, in this case just keep scrolling!

**[ARTS & CULTURE](#)**

[Subscribe](#)
[Past Issues](#)
[Translate ▼](#)

Live  
music

SESSIONS

CALLING ALL  
MUSICIANS!

4Korners, Laurentian community network, is looking for musical performers of all backgrounds, languages, ages and genres to perform in our upcoming Live Music Sessions to take place at Café Parenthèse, 221 Rue Hémond, Saint-Eustache.

Séances de  
musique

EN DIRECT

APPEL À TOUS LES  
MUSICIENS!

4Korners, le réseau communautaire des Laurentides, recherche des artistes musicaux de tous horizons, langues, âges et genres pour se produire lors de nos prochaines sessions de musique en direct qui aura lieu à café parenthèse, 221 Rue Hémond, Saint-Eustache.

Canada
[info@4korners.org](mailto:info@4korners.org)
[www.4korners.org](http://www.4korners.org)

### 4K Live Music Sessions are coming back!

They'll be taking place at the wonderful Café Parenthèse located at 221 Rue Hémond, Saint-Eustache. Stay tuned for upcoming dates!

We're also looking for local performers to take the stage and share their talents with us! Contact [info@4korners.org](mailto:info@4korners.org) for more info or to participate.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

## 4K SPEAKER SERIES



### HARRINGTON VALLEY & COLONIZATION

"We have the land, and we possess it. Remember that, when I and many here are gone."

These words illustrate the relationship that Scottish and Irish immigrants had with the land they inhabited. These unconceded lands located in the remote corners of Argenteuil not only offered these migrants the chance to settle and provide for the basic needs of their family, but also the possibility of becoming landowners. By owning the lands of the Harrington Valley, the pioneers exceeded their greatest expectations. They managed to survive here, generation after generation, since the 1830s. They finally left on the grounds of Harrington, the indelible traces of their passage. In this presentation, we will tell a pioneering story as fascinating as the boldness of its first arrivals.

**Wednesday, September 7th at 10 a.m.**

This Speaker Series presentation is also being presented as part of our 4K Wednesday Wellness series!

**Live presentation:** In-person at 259 Chem. de Harrington, Harrington

**Streaming presentation:** In-person at 1650 chemin d'Oka, Deux-Montagnes

**Online presentation:** connect on Zoom from the comfort of home



**Robert Simard**  
Historian & Storyteller

Robert Simard is both a historian and an accomplished storyteller. Specializing in the history of Argenteuil, he has collaborated with the Argenteuil Museum on a number of projects for the past 12 years. He has chronicled the history of Argenteuil for the local paper; conducted research for the MRC on the Grenville Canal, the Carillon dam, the Dollard des Ormeaux Monoliths and more; and conducted a major research study on local cemeteries in Argenteuil; he is currently working on a virtual exhibit on Maude Abbott and her family history. In this lecture, he will talk about his rôle as a public historian and storyteller, his field of research on Argenteuil history, the use of technology as a vector of change in history presentation and certainly about cemeteries.

Robert Simard is the recipient of the Excellence Award at the 26th Laurentians Culture Grand Prix, History and Heritage in 2015.

To register contact [info@4korners.org](mailto:info@4korners.org) | 1-888-974-3940 | 450-974-3940 ext. 601

 **4korners** [www.4korners.org](http://www.4korners.org) **Canada**

#### 4K Speaker Series - Online & In-Person

Live presentation: In-person at 259 chemin de Harrington, Harrington

Streaming presentation: In-person at 1650 chemin d'Oka, Deux-Montagnes

Online presentation: Connect on Zoom, register [here](#)

To register for the in-person presentations contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Bonjour!

 Comment  
ça va?

## FRENCH CONVERSATION COURSES

Conversation workshops could help you become more confident, improve your pronunciation, and learn new vocabulary and expressions in an informal and friendly atmosphere. Participants should have some pre-intermediate or intermediate French skills already, and know enough French to be able to converse.

The workshops will take place in French, but certain explanations will be provided in English.

**September 13 - November 16, 2022**

Class 1: Tuesdays, 1:30 p.m. – 3:00 p.m. in-person & on Zoom

Class 2: Wednesdays, 1:30 p.m. – 3:00 p.m. in-person & on Zoom

1650 chemin d'Oka, Deux-Montagnes

Registration necessary 450-974-3940 | 1-888-974-3940 ext. 601 or [info@4korners.org](mailto:info@4korners.org)



### **French Conversation Courses**

To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

*Zoom link to be provided after groups are determined by the teacher.*

Subscribe

Past Issues

Translate ▼

**4K Kids CLUB**

# Drawing Classes

**Cours de dessin**

**Tuesdays/mardis - 16:30**

Online activity · Activité en ligne  
09/13/2022 - 11/29/2022

For kids aged 6-12 · pour enfants 6-12 ans

Activity takes place in English · Activité se déroule en anglais

**Registration/inscription info@4korners.org**

**4korners**  
www.4korners.org

**CHSSN** Canada

## 4K Kids Online Drawing Classes (age 6-12)

To register and connect on Zoom click [here](#)

Subscribe

Past Issues

Translate ▼

ONLINE &  
INTERACTIVE!

# SENIORS WELLNESS

## 4Korners Drawing Classes

Join us for weekly drawing workshops with Carol Lyng.  
All you need is a piece of paper and a pencil.

Join us on Zoom to connect live!

Tuesdays, 10 a.m. - 11 a.m.

September 13 - November 29

To register contact [info@4korners.org](mailto:info@4korners.org)  
450-974-3940 | 1-888-974-3940 ext. 601



### Drawing classes - Seniors Wellness

To register and connect on Zoom click [here](#)

Subscribe

Past Issues

Translate ▼

A banner for 4Korners Painting Classes. The background shows a person's hands painting a floral design on a white surface. The text is overlaid on a semi-transparent white box. At the top left of the banner, it says 'ONLINE & INTERACTIVE!' in white text on a purple background. The main title 'SENIORS WELLNESS' is in large white letters at the top. Below that, the main heading '4Korners Painting Classes' is in large purple letters. The text below the heading is in purple: 'Painting workshops with Carol Lyng. Painting supplies will be needed to participate in this activity. Join us on Zoom to connect live! Wednesdays, 1:30 p.m. - 3:30 p.m. September 14 - November 30'. At the bottom of the text box, it says 'To register contact info@4korners.org 450-974-3940 | 1-888-974-3940 ext. 601'. At the bottom left of the banner is the 4Korners logo, and at the bottom right is the Canada logo.

ONLINE & INTERACTIVE!

# SENIORS WELLNESS

## 4Korners Painting Classes

Painting workshops with Carol Lyng.  
Painting supplies will be needed to participate in this activity.

Join us on Zoom to connect live!  
Wednesdays, 1:30 p.m. - 3:30 p.m.  
September 14 - November 30

To register contact [info@4korners.org](mailto:info@4korners.org)  
450-974-3940 | 1-888-974-3940 ext. 601

 4korners 

### Painting Classes - Seniors Wellness

To register and connect on Zoom click [here](#)

[Individual, Family & Youth](#)



[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Join us in the kitchen to discover new ways to make meals healthy and fun on a budget. We'll prepare dishes together and you'll bring home a tasty masterpiece to enjoy as a family. Kids are welcome and someone will be on hand to offer activities to keep them busy and happy.

Rejoignez-nous dans la cuisine pour découvrir de nouvelles façons de préparer des repas sains et amusants tout en respectant votre budget. Nous préparerons les plats ensemble et vous ramènerez à la maison un chef-d'œuvre savoureux à déguster en famille. Les enfants sont les bienvenus et quelqu'un sera présent pour leur proposer des activités qui les occuperont et les rendront heureux. Cette activité se déroule en anglais et est ouverte à tous.

**Sept. 21 | Oct. 5 | Oct. 19 | Nov. 2 | Nov. 16 | Nov. 30**

9:30 - 11:30

2 rue du Ravin, Sainte-Thérèse

**Registration/inscription:**

[info@4korners.org](mailto:info@4korners.org) | 450.974.3940 ext. 601

 **4korners**  
www.4korners.org

**Community Kitchen (Parents/caregivers with children age 0-5)**

Please contact [info](mailto:info@4korners.org) or call 450-974-3940 ext. 601 | 1-888-974-3940

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

**Tiny Tots**  
*Tout-petits*

Drop your little one off for a morning filled with fun and learning. Weekly themes with games, activities, and lessons for children aged 2-5. Space is limited. This activity takes place in English and is open to all.

Déposer votre petit pour une matinée remplie de plaisir et d'apprentissage. Thèmes hebdomadaires avec jeux, activités et leçons pour les enfants de 2 à 5 ans. Le nombre de places est limité. Cette activité se déroule en anglais et est ouverte à tous.

**EVERY THURSDAY • TOUS LES JEUDIS**  
9:30 - 11:30  
1650, chemin d'Oka, Deux-Montagnes  
Sept. 15 2022 to Dec. 15 2022 • 15 sept. 2022 - 15 déc. 2022

**Registration/inscription:**  
info@4korners.org  
450-974-3940 ext. 601



### Tiny Tots (age 0-5)

Please contact [info](mailto:info@4korners.org) or call 450-974-3940 ext. 601 | 1-888-974-3940

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

## Baby Sensory Classes

Classes sensorielles pour bébés

A five-week sensorial workshop for babies aged 2-15 months focusing on activities geared to stimulate each of the five senses, as well as various games to help develop both fine and gross motor skills. There will also be a weekly discussion period for parents. This activity takes place in English and is open to all.

Un atelier sensoriel de cinq semaines pour les bébés âgés de 2 à 15 mois, axé sur des activités visant à stimuler chacun des cinq sens ainsi que sur divers jeux permettant de développer la motricité fine et globale. Il y aura également une période de discussion hebdomadaire pour les parents. Cette activité se déroule en anglais et est ouverte à tous.

### 2 - 9 months/mois

MONDAYS, September 12 - October 17

LUNDIS, 12 septembre- 17 octobre

9:30 - 11:00

2 rue du Ravin, Ste-Thérèse

### 8 - 15 months/mois

MONDAYS, October 31 - November 28

LUNDIS, 31 octobre - 28 novembre

9:30 - 11:00

2 rue du Ravin, Ste-Thérèse

Registration/inscription: [info@4korners.org](mailto:info@4korners.org)

1.888.974.3940 | 450.974.3940 ext. 601

 **4korners**  
www.4korners.org

Canada

 Fondation Lucie  
et André Chagnon

 CHSSN

### Baby Sensory Classes

Please contact [info](mailto:info@4korners.org) or call 450-974-3940 ext. 601 | 1-888-974-3940

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

A weekly activity for parent and children to spend time with others enjoying a variety of activities and games. Children will have the opportunity to learn basic social skills through play while parents connect and share experiences. This activity takes place in English.

Une activité hebdomadaire permettant aux parents et aux enfants de passer du temps avec d'autres personnes en profitant d'une variété d'activités et de jeux. Les enfants auront l'occasion d'acquérir des compétences sociales de base par le jeu pendant que les parents se connectent et partagent leurs expériences. Cette activité se déroule en anglais.

**Fridays · vendredis**

**September 16 - December 2 • 16 septembre - 2 décembre**

**9:30 - 11:30**

**2 rue du Ravin, Ste-Thérèse**

**To register contact · pour s'inscrire contacter:**

[info@4korners.org](mailto:info@4korners.org) | 450.974.3940 ext. 601

 **4korners**  
[www.4korners.org](http://www.4korners.org)

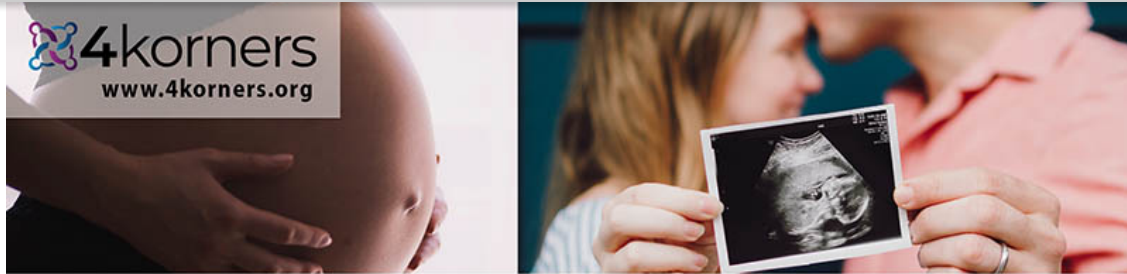
 **Canada**

 **Fondation Lucie  
et André Chagnon**

 **CHSSN**

**Play to Learn (age 0-5)**

To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

# Prenatal Classes

Some of the themes covered are: breathing, pain management (technique massage, pressure points, rebozo )laboring, how my partner can play an active part in the process, postpartum, breast feeding and nutrition, hospital protocol, baby care and legalities. Led by Laury Peroff from Laury's Perinatal.

**For upcoming dates, details, and to register contact [info@4korners.org](mailto:info@4korners.org) or cal 450-974-3940 ext. 601**

Classes offered online via Zoom & in person  
at our Activity Centre, 1650 chemin d'Oka, Deux-Montagnes



## Prenatal Classes

For upcoming dates, details, and to register contact [info](mailto:info@4korners.org) or call 450-974-3940 ext. 601 | 1-888-974-3940

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

This 20-week program developed by ACCROC and Paix, offered in partnership with 4Korners, is geared towards English-speaking men of the Laurentians who acknowledge the need to stop using violence in their marital-family life and who wish to actively develop stronger communication and conflict resolution skills, i.e., listening, speaking up, problem solving and fair negotiation.

**THEMES TO BE EXPLORED:**

- Understanding anger and violence in self.
- Body and emotions: underneath anger and fear... shame, powerlessness.
- Understanding anger in relationships: patterns and attitudes.
- Triggers: differentiating truths that are difficult to hear or deal with. Dealing with wounds from the past and the sensitive spots they leave behind.
- Self-talk and the ways we shape our understanding: building up either anger or compassion.
- Game playing: blaming, guessing, mind reading.
- Couple: conflict resolution.
- Impacts of drinking problems and substance abuse.

**FORMAT:**

Small online groups consisting of 4-5 men. Weekly 1hr evening meetings, complimented by "personal work" (videos, documents, exercises).  
Free & confidential. Open registration. Join any time.

**Registration: [info@4korners.org](mailto:info@4korners.org)**

**1.888.974.3940 | 450.974.3940 ext. 601**



### Living Without Violence - Online

Session in progress. New participants welcome to register at any time.

To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

### One-on-One Support

For support or referrals visit us during our business hours or contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

## Seniors & Caregivers of the Elderly



### 4K Speaker Series - Harrington Valley and Colonization

**September 7 at 10 a.m.**

Live presentation: In-person at 259 Chem. de Harrington, Harrington

Streaming presentation: In-person at 1650 chemin d'Oka, Deux-Montagnes

Online presentation: connect on Zoom from the comfort of home

In this presentation, we will tell a pioneering story as fascinating as the boldness of its first arrivals.

Presented by Historian and Storyteller Robert Simard

### Laurentian Region Cancer Support Group

**September 14 at 10 a.m.**

Live presentation: In-person at 27 rue Bellevue, Morin-Heights

Streaming presentation: In-person at 1650 chemin d'Oka, Deux-Montagnes

Online presentation: connect on Zoom from the comfort of home

The Laurentian Region Cancer Support Group offers English-speaking support services to cancer patients, caregivers, and their families in the Laurentian region. The group is run by a group of dedicated volunteers from the local area who have all been touched by cancer either personally or professionally.

Presented by June Angus

### CHEP It's Okay to Forget: An Update on Memory Loss and Treatments

**September 21 at 10 a.m.**

Streaming presentation:

In-person at 1650 chemin d'Oka, Deux-Montagnes & 259 Chem. de Harrington, Harrington

Online presentation: connect on Zoom from the comfort of home

### Am I or have I become a caregiver?

**September 28 at 10 a.m.**

Live presentation: In-person at 1650 chemin d'Oka, Deux-Montagnes

Streaming presentation: In-person at 259 Chem. de Harrington, Harrington

Online presentation: connect on Zoom from the comfort of home

You're accompanying a person with a loss of autonomy? You feel concerned by the challenges of caregiving?

You would like to get informed on the different services offered and available to caregivers?

Presented by Marie-Josée Parent, support team leader, L'Antr'Aidant

To register contact 450-974-3940 | 1-888-974-3940 ext. 601 | [info@4korners.org](mailto:info@4korners.org)

Secrétariat aux relations  
avec les Québécois  
d'expression anglaise  
Québec

Cette initiative est financée par le Secrétariat aux  
relations avec les Québécois d'expression anglaise.  
Les opinions exprimées ici ne reflètent pas  
nécessairement celles du gouvernement du Québec.



## Wednesday Wellness

Wednesdays at 10 a.m.

### September 7: 4K Speaker Series

Live presentation: In-person 259 chemin de Harrington, Harrington

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**September 14: Laurentian Region Cancer Support Group**

Live presentation: In-person 27 rue Bellevue, Morin-Heights

Streaming presentation: In-person at 1650 chemin d'Oka, Deux-Montagnes

Online presentation: [Register on Zoom](#)

**September 21: CHEP**

Streaming presentation: In-person at 1650 chemin d'Oka, Deux-Montagnes  
& 259 chemin de Harrington, Harrington

Online presentation: [Register on Zoom](#)

**September 28: Am I or Have I Become a Caregiver?**

Live presentation: In-person at 1650 chemin d'Oka, Deux-Montagnes

Streaming presentation: In-person 259 chemin de Harrington, Harrington

Online presentation: [Register on Zoom](#)

To register for in-person activities contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

---



[Subscribe](#)[Past Issues](#)[Translate ▼](#)

# STAND UP!

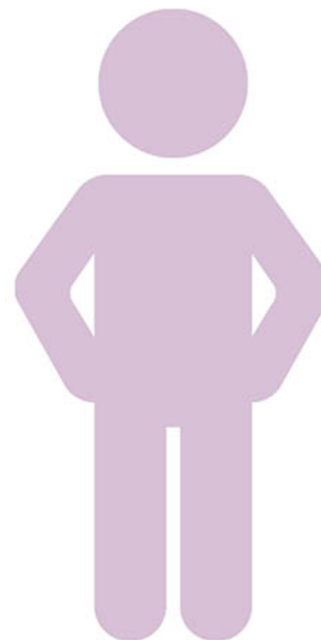
## FALL PREVENTION PROGRAM

- This program is designed to prevent falls and fractures among independent seniors living at home.
- STAND UP! helps improve seniors' quality of life by building their confidence in managing falls and enabling them to stay physically active.
- The program is led by a qualified professional. It is designed to ensure participants' safety and adapted to their capabilities.

For seniors who are 65 years and older, independent, and living in their home.

The purpose of the program is to prevent falls and injuries, build confidence in managing falls and enable you to stay physically healthy. Facilitated by a professional

- 10 weeks at 1.5 hours of group activity.
- individual evaluation before and after.



### TUESDAYS & THURSDAYS

**September 12 to November 29, 2022**

10 a.m. to 11:30 a.m.

1650 chemin d'Oka, Deux-Montagnes

**To register contact: 450-974-3940, [info@4korners.org](mailto:info@4korners.org)**



### Stand Up! Fall Prevention Program

Currently full. Please contact us to put your name on the waiting list for possible future sessions.

Contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

Subscribe

Past Issues

Translate ▼

**ONLINE & INTERACTIVE!** **SENIORS WELLNESS**

## Yoga for Balance

Join 4korners and Josephine from YogaTout as we learn to develop muscles, awareness, and balance for fall prevention. Weekly classes focused on identifying risk factors with practices adapted to strengthen body and mind. Access to videos to practice weekly and integrate prevention into daily life.

**Join us on Zoom to connect live!**  
**Thursdays, 10 a.m. - 11:30 a.m.**  
**September 15 - December 1**

Contact us for more info:  
 info@4korners.org | 450-974-3940 | 1-888-974-3940 ext. 601



Secrétariat aux relations avec les Québécois d'expression anglaise  
 Québec    
 Cette initiative est financée par le Secrétariat aux relations avec les Québécois d'expression anglaise.  
 Les opinions exprimées ici ne reflètent pas nécessairement celles du gouvernement du Québec.

### Yoga for Balance - Seniors Wellness

To register and connect on Zoom click [here](#)

Subscribe

Past Issues

Translate ▼

**ONLINE & INTERACTIVE!**

# SENIORS WELLNESS

## Café Connected

Take a break and connect with others on topics that matter to you. A supportive space where participants encourage each other, break isolation, and build upon resiliency skills. Led by a facilitator.

**Join us on Zoom to connect live!**

**Wednesdays, 1 p.m. - 2 p.m.**  
**September 7 - December 14**

Contact us for more info:  
 info@4korners.org | 450-974-3940 | 1-888-974-3940 ext. 601



### Café Connected - Seniors Wellness

To register and connect on Zoom click [here](#)

**4korners**  
www.4korners.org

# Caregivers Support Group

This monthly group provides an opportunity to explore the issues that those caring for a loved one face, to learn from others who have similar challenges, and to exchange with others. Join us for supportive discussions in a nonjudgemental and confidential setting.

**Monthly Support Group in Deux-Montagnes.**  
**Contact us for upcoming dates and location.**

**To register contact info@4korners.org or 450-974-3940 ext. 601**



[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Monday, September 19, 2022

Monday, October 17, 2022

Monday, November 21, 2022

Monday, December 12, 2022

In person at 1650 chemin d'Oka. Deux-Montagnes

To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

---

### **Tai Chi - Seniors Wellness**

Starting September 12

Weekly on Mondays, 9:30 a.m. to 11 a.m.

To register and connect on Zoom click [here](#)

---

### **Nel's Yoga- Seniors Wellness**

Starts September 2

Weekly on Fridays, 10 a.m. to 12 p.m.

In-person at 1650 chemin d'Oka, Deux-Montagnes

To register contact [info](#) or call 450-974-3940 ext. 601 | 1-888-974-3940

---

If you would like to learn more about our programming & ongoing activities please visit our [website](#), [Facebook events page](#) or [contact us](#) directly!

---

**Do you live in the Harrington, Arundel, Tremblant, Morin Heights or Sainte-Agathe-des-Monts area and want to know what is happening in the English-speaking community from others?**

Click [here](#) for an example

Register to the electronic **Community Bulletin Board** by sending an email to:

[info@4korners.org](mailto:info@4korners.org)

---



[Subscribe](#)[Past Issues](#)[Translate ▼](#)

# Become a member!

It's never been easier to [become a 4Korners member](#)! Your annual donation will help us continue to deliver services to the communities of the Laurentians!

**Kids Help Phone** 

**Need help now?**  
**Text CONNECT to [686868](#)**  
**or call a counsellor:**  
**1-800-668-6868**



[Éducaloi](#) -

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

CAREGIVER SUPPORT

**1 855 852-7784**

LISTENING-INFORMATION-REFERRALS

**Generously supported & funded by**

Subscribe

Past Issues

Translate ▼

# Canada Québec



## 4Korners

Laurentian Community Network

### Our Mission

To strengthen community vitality in the Laurentians by using collective impact and direct programming with a focus on access to health and social services for the English-speaking population.

*Copyright © 2022 4Korners, All rights reserved.*

You are receiving this email because you attended a 4Korners event and gave your permission to use your email.

#### Our mailing address is:

4Korners  
200 Henri-Dunant  
Deux-Montagnes, Québec J7R 4W6  
Canada

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#)

[Subscribe](#)

[Past Issues](#)

[Translate ▼](#)

