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**LAURENTIANS  
NEWSLETTER  
February 2017**



## **February is HEART Month**

**Learn CPR, donate blood, volunteer and take care of your lovely hearts!**

**Click [here](#) for more information.**

## **The HEALTH CARAVAN is back in town!**

4 Korner Family Resource Center is excited to once again coordinate the health caravan.

# Health Caravan

## Health, Justice & Social Services Caravan



Receive English-language information and services from the graduating students of the following John Abbott College Technical Programs:

**Pre-Hospital Emergency Care / Soins préhospitaliers d'urgence:**

Proper use of EpiPen and basic first-aid techniques;

**Youth & Adult Correctional Intervention / Intervention en délinquance:**

Workshops on the criminal code, details on the ramifications of having a youth or adult criminal record, and interventions which can/should be made with particular cases;

**Nursing / Soins infirmiers:** Students will conduct specific screening such as blood pressure, cholesterol and glucose testing. In addition basic information regarding healthy lifestyle choices will be provided;

**Dental Hygiene / Hygiène dentaire:** Demonstrations on proper brushing and flossing techniques, nutrition and oral care;

**Police Technology / Technique de la police:** Crime prevention techniques geared to seniors to avoid victimization.

*Presentations are in English / Présentations sont en anglais*

## 2017

<b>Wednesday</b> <b>MARCH 1</b> <i>merc. 1 mars</i>	<b>Deux-Montagnes</b> <i>Lake of Two-Mountains High School</i> 2105, rue Guy <b>2:45 - 5 pm</b>
<b>Wednesday</b> <b>MARCH 15</b> <i>merc. 15 mars</i>	<b>Sainte-Agathe</b> <i>Sainte-Agathe Academy</i> 26, rue Napoleon <b>2:45 - 5 pm</b>
<b>Wednesday</b> <b>MARCH 22</b> <i>merc. 22 mars</i>	<b>Lachute</b> <i>Margaret Rodger Memorial Presbyterian Church</i> 463, rue Principal <b>1:30 - 4 pm</b>
<b>Wednesday</b> <b>MARCH 29</b> <i>merc. 29 mars</i>	<b>Mont-Tremblant</b> <i>Salle des Loisirs</i> 144, rue Couvent (old village) <b>9:30 - 12 pm</b>
	<b>Morin-Heights</b> <i>St. Eugene Church</i> 148, rue Watchorn <b>2:30 - 5 pm</b>



## Deux-Montagnes and Rosemère

Spring is on its way! Learn more about Ticks and Lyme disease

**Backs & Balance** - Tips on what to do (and not to do) to help your back and gain better balance.

For more information click [here](#) or call us at: 450-974-3940

### Upcoming Activities in Argenteuil

#### *Lunch & Learn Series*

#### **Demystifying Alzheimer's**

February 8, 2017

Harrington Golden Age Center  
259, Harrington Rd.  
10:00 a.m. - 1:00 p.m.

#### *Videoconference*

#### **Health Issues and the Law**

February 22, 2017

CLC Lachute  
448, ave. Argenteuil  
10:00 a.m. - 12:00 p.m.

#### *Information Session*

#### **Grief (with Paula Grey)**

February 23, 2017

CLC Lachute  
448, ave. Argenteuil  
1:00 p.m. - 3:00 p.m.

#### *Information Session*

#### **1st Aid & Safety in your Home**

March 1, 2017

Harrington Golden Age Center  
259, Harrington Road  
10:00 a.m. - 1:00 p.m.

### Upcoming activities in the Upper Laurentians

#### *Parent - child activity*

#### **Kids, Let's Talk!**

Running every Thursday from:

March 16, 2017 - May 4, 2017

Ste. Agathe Academy

2:00 p.m. - 4:00 p.m.



# Caregivers Workshop



*Caregiving is universal.*

"There are only four kinds of people in the world;  
 those who have been caregivers,  
 those who are currently caregivers,  
 those who will be caregivers,  
 and those who will need caregivers."

-Rosalyn Carter

**For more information or to find out when a workshop will be starting, contact 4 Korner Family Resource Center at 450-974-3940 or email [info@4kornerscenter.org](mailto:info@4kornerscenter.org)**



**L'APPUI** POUR LES PROCHES AIDANTS D'AINÉS  
 LAURENTIDES

LIGNE INFO-AIDANT  
 1 855 8LAPPUI (852-7784) [lappui.org](http://lappui.org)



FOR PARENTS

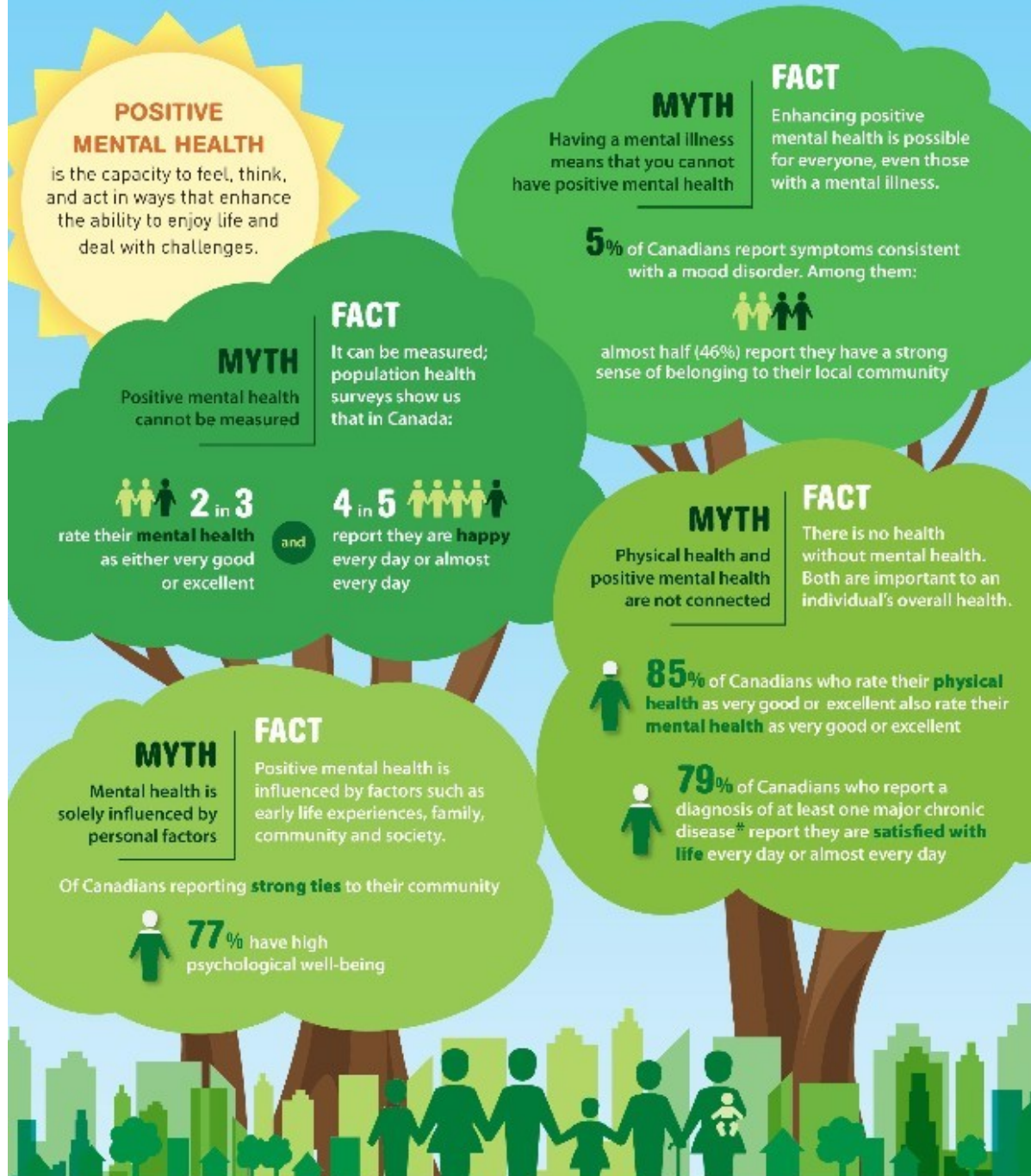
For Seniors

visit our website for information  
on programs **for parents with  
children 0 - 5 years old.**

visit our website for  
more **programs and events.**



# IN CANADA: MYTHS AND FACTS



Data source: 2012 Canadian Community Health Survey – Mental Health, self-reported data of the population aged 18 years and older.  
 \*Cancer, diabetes, cardiovascular disease, or chronic respiratory diseases.

This infographic is the third in a series of knowledge products responding to the need for better data on positive mental health.

The Public Health Agency of Canada is working to identify, organize, and present data on positive mental health outcomes, and protective and risk factors. This infographic provides some examples of these data.

Please visit us online at [Canada.ca](http://Canada.ca)

For the latest data search: [public health infobase](#)

For more information search: [promoting positive mental health](#)



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada



## 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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## 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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