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**LAURENTIANS
4K NEWSLETTER
March 2018**



HEALTH, JUSTICE & SOCIAL SERVICES CARAVAN 2018



Free on-site test results!

Free advice and consultation!

- Recognizing Heart Attacks & Strokes
- EpiPen Use
- CPR/AED
- Healthy Choices
- Dental Hygiene
- Nutrition
- Crime Prevention
- Legal Issues
- Mental Health
- Stress Management
- Healthy Aging



Screenings include:

- Electrocardiograms
- Blood Pressure
- Cholesterol Levels
- Glucose Levels

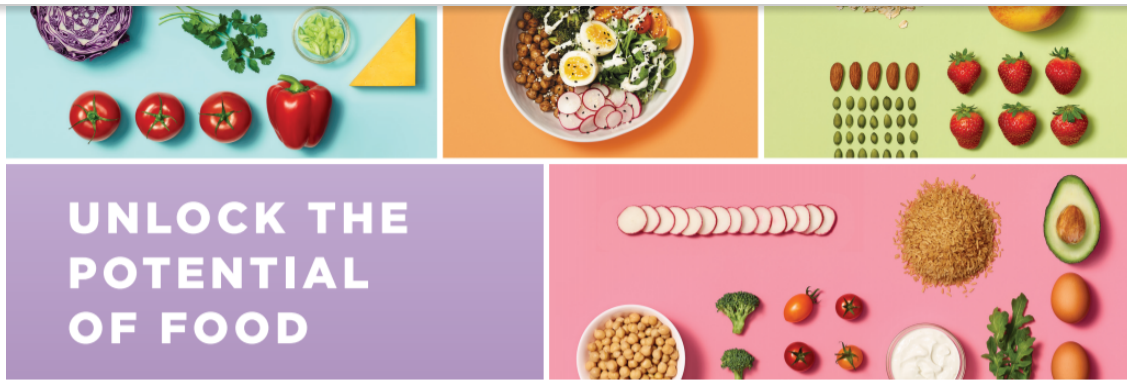


Information

www.4kornerscenter.org
 info@4kornerscenter.org
 1-888-974-3940



Conducted by the Graduating Students of John Abbott College
 in partnership with 4 Korners Family Resource Center



MARCH IS NUTRITION MONTH!

- Dietitians believe in the potential of food to enhance lives and improve health
- Join Canadians this Nutrition Month and **Unlock the Potential of Food**
- Find a dietitian in your area: www.dietitians.ca/find



Visit www.NutritionMonth2018.ca

[Inspiring recipes](#)

A visual tool for [serving sizes](#)

For older adults, the [Eating Habits Survey](#)

From the previous month at 4K:



Feedback from participants at the First Aid Training in Deux-Montagnes

"The trainer was wonderful: he shared so much information!"

"The practice was awesome and I feel so much more confident!"

From the Health, Justice & Social Services Caravan in Deux-Montagnes



Community members and John Abbott College nursing students.



Volunteers from Lake of Two Mountains High School manning the 4K table.

Upcoming Activities in Argenteuil

Lunch and Learn

Funeral Planning

Wednesday, March 7
12:00 p.m. - 3:00 p.m.

Trinity Community Center
2, Cambria Road
Gore

Lunch and Learn

Financial Security

Thursday, March 15
10:00 a.m. - 1:00 p.m.

Harrington Golden Age Center
259, Harrington Road
Harrington

Health Caravan

Wednesday, March 21
1:30 p.m. - 4:00 p.m.

Trinity Community Center
2, Cambria Road
Gore

Health Caravan

Wednesday, March 28
1:30 p.m. - 4:00 p.m.

Margaret Rodger Memorial Presbyterian
Church
463, rue Principale
Lachute



**You care for them,
we care for you.**





Family Craft Night

(Monthly)

Monday, March 19

6:30 p.m. - 7:30 p.m.

200, Henri-Dunant

New in Deux-Montagnes!



**NO REGISTRATION
REQUIRED!**

**GOT A LOT ON
YOUR MIND?**

4 KORNER'S OFFERS
ONE-ON-ONE SUPPORT!

DROP-IN HOURS

EVERY THURSDAY FROM

1:30 P.M. - 3:30 P.M.

200, RUE HENRI-DUNANT ,
DEUX-MONTAGNES

FOR MORE INFORMATION
CALL 450-974-3940

Upcoming Activities in Rosemère

Shake up your routine! Join us for the

Play Group

Rosemère Community Center
202, ch. de la Grand-Côte, Rosemère



Upcoming Activities - Upper Laurentians

Health Caravan

March 14, 2018
2:45 p.m. - 5:00 p.m.
Sainte Agathe Academy
26, Rue Napoléon
Sainte-Agathe-des-Monts

Health Caravan

March 21, 2018
9:30 a.m. - 12:00 p.m.
Morin Heights
Chalet Bellevue
108, Chemin du Bord de l'Eau
Saint-Faustin-Lac-Carré



Information Session

Being smart about your Wills & Estates

Friday, March 23
7:00 p.m. - 9:00 p.m.
Arundel Municipal Garage
2, rue du Village
Arundel



4K4U

A Community Celebration!

2 locations and 2 dates
5:00 p.m. - 7:00 p.m.

March 22, at Place Lagny, 2, Saint-Louis, Ste-Agathe-des-Monts

March 28, at Chalet Bellevue, 108, ch. du Bord de l'Eau, Morin Heights



*You care for them,
we care for you.*

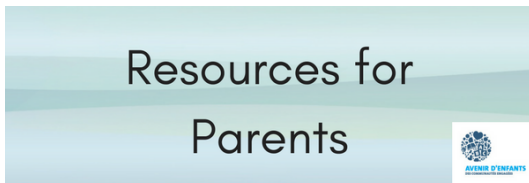


Health Canada Santé Canada



*Please note 4 Korners
offices are closed on
March 30 and April 2, 2018*

Click on the area of interest to receive more information.



Tel-jeunes is a free, confidential resource for young people throughout Quebec, available 24 hours a day, 7 days a week. In English and French. Click on the logo to come to their website!



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

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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