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**LAURENTIANS
4K NEWSLETTER
February 2018**



February is Heart Month
Recognize the [signs of a heart attack](#)
Learn about your [risk factors](#)
Read about Women and Heart Health in the [2018 Heart Report](#)

From the previous month at 4K:

QUOTING A PARTICIPANT AT A RECENT LUNCH
AND LEARN IN ARGENTEUIL:

**"Concrete information with
a personal touch.
Excellent handouts, clear
and precise."**

Join us at the next one!

Upcoming Activities in Argenteuil

Lunch and Learn **7 Keys to Happier Living**

Wednesday, February 7
12:00 p.m. - 3:00 p.m.
Trinity Community Center
2 Cambria Road
Gore

and

Wednesday, February 14
10:00 a.m. - 1:00 p.m.
Harrington Golden Age Center
259, Harrington Road
Grenville-sur-la-Rouge

Information Session **Canada Revenue Agency**

Tuesday, February 20
1:30 p.m. - 3:30 p.m.
CLC Lachute (Laurentian Regional
High School)
448, av. Argenteuil, Lachute

Videoconference on ***Hearing Loss***

What did you say?
Wednesday, February 21
10:00 a.m. - 12:00 p.m.
Community Learning Center (LRHS)
448, av. Argenteuil, Lachute



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



Upcoming Activities in Deux-Montagnes

Family Resource Center
Centre de ressources familiales

**WOMEN'S
WELLNESS
GROUP**

*This Friday with
KATJA LECCISI,
registered dietitian-nutritionist*

Maison de Citoyens
202, Henri-Dunant,
Deux-Montagnes
7:00 -9:00 p.m.

Free!
Feb. 9th



Conference

**Power of Attorney, Protection
Mandates and Advanced Medical
Directives**

Including a question period with a
notary

Monday, February 5
6:30 p.m. - 8:30 p.m.
200, Henri-Dunant

*Videoconference on
Hearing Loss
What did you say?*

Wednesday, February 21
10:00 a.m. - 12:00 a.m.
200, Henri-Dunant



**Family Craft Night
(Monthly)**

Monday, February 19
6:30 p.m. - 7:30 p.m.
200, Henri-Dunant

*A training that can save lives
Emergency First Aid and CPR*

3-year certification by the Red Cross
Thursday, February 22
8:30 a.m. - 4:30 p.m.
200, Henri-Dunant

Healthy, Justice & Social Services Caravan



Free on-site test results!

Free advice and consultation!

- Recognizing Heart Attacks & Strokes
- EpiPen Use
- CPR/AED
- Healthy choices
- Dental Hygiene
- Nutrition
- Crime prevention
- Stress Management
- Legal Information
- Mental Health
- Healthy Aging



Screening includes:

- 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



Health Canada

Santé Canada

A great activity for families:

Play Group in Rosemère

Mondays, from 9:30 a.m. to 11:30 a.m.

Mom, Dad and grandparents, bring the kids for fun activities while you sip on
tea or coffee!

Rosemère Community Center

202, chemin de la Grand-Côte, Rosemère



Upcoming Activities - Upper Laurentians

Just started:

Kids, Let's Talk

with Laura Young
at Sainte Agathe Academy

Contact us now to register:
laura.young@cgocable.ca or
joanne.lamarre@cgocable.ca
or 819-323-1355

Save the date!

4K4U Community Events

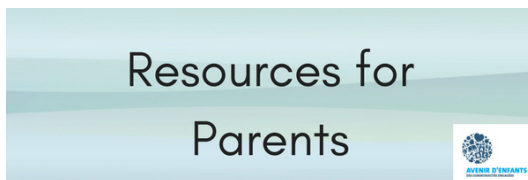
March 22 in Ste-Agathe
March 28, in Morin Heights



MEMBERSHIP to 4K now only \$10 per year!

If you have benefited from using 4 Korner's resources, our website or Facebook pages, speaking with someone at any of our offices or just want to help keep us around, please renew [ONLINE](#) or in person now.

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!





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



Facebook



Twitter



Website



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Our Mission

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