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**LAURENTIANS
NEWSLETTER
April 2017**



Please note: 4 Korner's offices will be closed on Friday, April 14 and Monday, April 16.

HAPPY EASTER !



<https://www.canada.ca/en/health-canada/services/tips-healthy-eating/time-saving-cooking-tips-healthy-meals.html>

Upcoming Activities in Argenteuil

10 week program **Stand Up!**

Wednesdays & Fridays starting April 12

1:30 - 3:30 p.m.

Lachute United Church

232, ave Hamford

* Click: "Upcoming Activities in Argenteuil" above for more information.

CHEP - Videoconference **Sugar & Salt**

April 12, 2017

10:00 a.m.- 12:00 p.m.

Community Learning Center (CLC)

(Laurentian Regional High School)

448, ave. Argenteuil

Lachute

**Centre intégré
de santé
et de services sociaux
des Laurentides**

Québec 



Upcoming Activities in Deux-Montagnes

CHEP - Videoconference **Sugar & Salt**

April 12, 2017

10:00 a.m.- 12:00 p.m.

4 Korner Head Office

200, rue Henri-Dunant, Deux-Montagnes

Information Session **Gotta Go! (bladder control)**

April 20, 2017

10:00 a.m.- 11:30 a.m.

4 Korner Head Office

200, rue Henri-Dunant, Deux-Montagnes



Upcoming Activites in Rosemère

Presentation

Memory Fitness & Aging

April 20, 2017

1:30 - 3:00 p.m.

Rosemère Community Center

202, chemin de la Grand-Côte, Rosemère

Upcoming Activities - Upper Laurentians

Health Caravan

Health, Justice & Social Services Caravan



Parents of Children 0 -5 **Free First Aid Course**

May 7, 2017

9:00 a.m. - 12:00 p.m.

Place Lagny

2 rue St. Louis, Sainte-Agathe

Health, Justice & Social Services Caravan

April 5, 2017

2:45 - 5:00 p.m.

Ste. Agathe Academy

26, rue Napoleon, Sainte-Agathe





**PARKINSON'S
MEDICATION
& YOU**

PRESENTED BY THE CUMMINGS CENTRE
AND PARKINSON CANADA

Wednesday April 26, 2017
10:30 am - 3 pm
Gelber Conference Centre

BILINGUAL
On-site live
interpretation
services

Learn about medication to treat Parkinson's disease and the impact of exercise on drug intake. This one-day event will feature both French and English guest speakers, with on-site live interpretation services.

April is Parkinson's Awareness Month. Visit: www.parkinson.ca

Click on the area of interest to receive more information.

Caregiver
Workshops

Senior
Programs

Resources for
Parents

Careers in
the Laurentians

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!



Click on the image to listen to the radio ad on all types of BULLYING. Including ELDER ABUSE.



Join an activity and become a 4 Korers member now [DONATE](#) or [RENEW](#) your membership to help support and grow 4 Korers activities and services in the region for everyone.



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Our Mission

In a spirit of respect, support and empowerment, the 4 Korers 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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