

2012/2013 CAREGIVERS Conferences with 4Korners

DATE/TIME	LOCATION	TOPIC	SPEAKER/ contact info.	FEES & DETAILS
<b>Thursday October 25, 2012 1:30 to 3:30</b>	4 Korners Family Resource Center	How to Exercise Safely for you and your loved one I	Mrs. Dale Hammond 450-473-5985 or (514) 213-6796 <a href="mailto:dhammond@videotron.ca">dhammond@videotron.ca</a>	\$130.00 Handouts of exercises/ copies made at center.
<b>Thursday, November 1, 2012 1:30 to 3:30</b>	Veterans Hall 141, chemin du Grand-Moulin, J7R 3C8	Yoga for Laughter	Brigitte Legal  1-819-242-5619	\$ 150.00 Needs CD player. Participants can bring a mat for exercise.
<b>Thursday, February 21, 2013 1:30 to 3:30</b>	Veterans Hall 141, chemin du Grand-Moulin, J7R 3C8	"Helping without compromise"	Dr. Robert Béliveau	*Costs Covered undered Proche Aidant Committee <b>*Conference provided in Collaboration with Women's Time Out</b>
<b>Thursday, March 21,2012 1:30 to 3:30</b>	4 Korners Family Resource Center	Planning for the Future & How to navigate the system! (Last will & Testaments)	Mrs. Jean Shelley (450) 473-1428	Would like chocolate
<b>Thursday April 4, 2013</b>	Veterans Hall 141, chemin du Grand-Moulin, J7R 3C8	<b>Our Brain &amp; Memory</b>	<b>Presenter to be confirmed: waiting response</b>	<b>*Conference provided in Collaboration with Women's Time Out</b>