

A historic event

**LE MONASTÈRE DES AUGUSTINES OFFICIALLY OPENS AND INVITES EVERYONE
TO COME FOR AN EXPERIENCE IN CULTURE AND WELLBEING**

Quebec City, July 30, 2015 - *Le Monastère des Augustines* will be inaugurated on August 1, 376 years to the day after the arrival in Quebec of the Augustinian Sisters of Dieppe who came to establish the first hospital in New France. This foundational site in Old Quebec, which has been entirely renovated and refurbished, is where the *Monastère* is offering a unique revitalization experience along with several original ways to connect with the heritage of the Augustinian Sisters, including a hotel, a museum and a program of activities focused on culture and wellbeing.

After several years in development, *Le Monastère des Augustines* is now open to the public for the first time. Whether just passing through or staying a while, visitors will be amazed by the architectural beauty and peaceful atmosphere of the site: an ancient cloister dating back to the 17th century surrounded by a perimeter wall, with interior courtyards and a huge garden. Historically dedicated to peaceful silence, the building still retains its calming character. The spirit of the place, the visual and auditory ambience and the pace of activities all favour calm and relaxation.

In keeping with its vocation for holistic health, *Le Monastère des Augustines* has put in place a multidisciplinary team to guide guests in their journey to renewal, whether they have opted for a personalized-health stay, consultations, specialized services or nutrition workshop. The program of workshops and conferences at the *Monastère*, created by renowned experts, allows guests to explore contemporary, sought-after subjects like the use of medicinal plants, mindfulness and sleep quality.

Visitors to *Le Monastère des Augustines* can also soak up some culture at the Museum, which traces the social, spiritual and cultural contributions that the Augustinian Sisters made to our society. Against a backdrop at once historic and contemporary, the permanent exhibit, “Augustinian Sisters: Healing Body and Soul”, reveals over 1,000 artefacts from the collection of the 12 monastery-hospitals of the Augustinian Sisters of Quebec.

“This is a historic moment, and the opening of *Le Monastère des Augustines* marks a new page in the history of this unique heritage site. We invite the population to come visit our museum, try some of the activities in our program or stay in one of our 65 rooms in order to learn more about our common history while experiencing the benefits of revitalization,” says Evan Price, Chair of the Board of *Le Monastère des Augustines*.

About Le Monastère des Augustines

Le Monastère des Augustines occupies the ancient wings of the former Hôtel-Dieu de Québec monastery (1639), North America’s first hospital north of Mexico. Situated in the heart of Old Quebec City, the *Monastère* has been completely restored and renovated, and offers a unique experience along with several ways to connect with the Augustinian Sisters’ heritage, in a secular environment: experiential accommodation, a museum, archive centre, a program of activities around holistic health and culture, a restaurant, a boutique, specialized treatments and services and event rooms.

SOURCE: **Le Monastère des Augustines**
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