



For immediate release

LE MONASTÈRE UNVEILS ITS NEW TEMPORARY EXHIBITION: RE-CONNECT

Québec City, May 17, 2022 – Le Monastère des Augustines invites the public to experience museotherapy through its new temporary exhibition, *Re-Connect*. Centred on the theme of renewal, this exhibition is inspired by the contrast between action and contemplation embodied by the Augustinian Sisters, for whom self-care and caring for the sick were an integral part of their daily lives for over three centuries.

About *Re-Connect*

The exhibition features five stations, where visitors can experience slow looking, contribute to a collective work of art, relax in an indoor garden and write a letter to themselves. Using archives and artifacts that refer to the different ways in which the Augustinian Sisters nurtured renewal, the exhibition offers visitors a captivating and sensory experience, as well as an opportunity for contemplation.

Visitors can experience *Re-Connect* without spending the night at Le Monastère by purchasing a ticket to the museum or a day pass. Guests staying at Le Monastère can also take a self-guided tour of the museum's exhibitions, which are included in all the packages available.

Preserving the Augustinian Sisters' heritage

For nearly four centuries, the Augustinian Sisters have been the guardians of unsuspected treasures that contribute to our collective memory. Le Monastère des Augustines and La Fiducie du patrimoine culturel des Augustines, a social trust for which the primary beneficiary is Québec's population, have a mission to preserve the heritage of the 12 Augustinian monasteries and pass it down to future generations. One of the ways in which this heritage is highlighted is through permanent and temporary exhibitions aimed at sparking reflection about items in the collection.

This project was made possible through a cultural development agreement between the Québec government and Québec City.

About Le Monastère des Augustines

Le Monastère des Augustines is located in the wings of the former Hôtel-Dieu de Québec monastery (1639), North America's first hospital north of Mexico. After being completely restored and renovated, Le Monastère opened its doors to the public in 2015. It offers a unique wellness experience along with several imaginative ways to connect with the Augustinian Sisters' heritage: experiential accommodations, a museum, an archive centre, a program of activities focused on holistic health, culture and mindful eating, a boutique, specialized holistic health treatments and meeting room rentals.

For more information, interviews can be conducted with Andréanne Cantin, Museum Manager at Le Musée du Monastère des Augustines, by contacting Caroline Maheu.

SOURCE: Le Monastère des Augustines
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