

A historic event

LE MONASTÈRE DES AUGUSTINES WINNER OF THE PRIX FIDÉIDES IN THE NOT-FOR-PROFIT CATEGORY

Quebec City, March 17, 2016 – *Le Monastère des Augustines* is proud to announce that it is among the winners of the 33rd Fidéides Awards. The awards were handed out last night during the gala held at the Centre des congrès de Québec. *Le Monastère* brought home the prize in the not-for-profit category, public and government-affiliated.

The Fidéides Awards are highly regarded in the business world of the Quebec City and Chaudière-Appalaches region. For over 30 years the Fidéides have been recognizing companies that have distinguished themselves over the course of the year thanks to their exceptional business performance. *Le Monastère des Augustines*, which opened August 1, 2015, was rewarded for its bold vision and its successful realization of a completely unique concept.

After three years of major work on a 400 year-old building and more than five years developing the concept, *Le Monastère des Augustines* now welcomes clients from all over the world. It offers a unique wellness experience as well as several ways to experience the heritage of the Augustinian Sisters. These include a hotel, a museum and a culture and wellness program. While only 20 or so employees worked at the *Monastère* a year ago, the organization now employs a team of over 80 experts, employees and guides, along with several other partners.

“We are very happy to be recognized for this award as it demonstrates the support of the business community for the contemporary vocation of this incredibly valuable 376-year-old heritage site,” says Isabelle Duchesneau, General Director of the *Monastère des Augustines*.

Visitors are struck by the architectural quality and calm atmosphere of the 17th century cloister and its surrounding wall and vast garden. Historically dedicated to calm and tranquility, the building has retained its soothing character.

In line with its holistic health vocation, *Le Monastère des Augustines* has put together a multidisciplinary team that guides its guests in their quest for renewal, whether through personalized health stays, consultations, treatments or nutritional guidance. The workshops and conferences that are part of the programming at the *Monastère* are offered by renowned experts and deal with themes such as medicinal plants, conscious meditation and sleep quality.

Visitors to the *Monastère des Augustines* can also take advantage of the cultural riches of the new museum. 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.

About the *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 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.

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SOURCE: Le Monastère des Augustines
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