

For immediate release

### ***Le Monastère des Augustines launches the Carrefour d'innovation en santé globale***

Quebec City, December 7, 2017 – Le Monastère des Augustines is pleased to announce the creation of the Carrefour d'innovation en santé globale, a learning environment, located initially at Le Monastère des Augustines, that will enable the development of intervention projects and research in preventative healthcare.

The goals of this centre for social innovation is to experiment as well as create and share new knowledge on the benefits of renewal stays and interventions in people's overall health. This centre will contribute to helping citizens take control of their physical, mental, emotional and spiritual well-being for sustainable, long-term health—both individually and as a part of society.

Yesterday evening, Le Monastère des Augustines held the very first benefit cocktail to raise funds for the Carrefour d'innovation en santé globale. Over one hundred people participated in this major event. “The Carrefour d'innovation en santé globale will create ties between citizens and incite a true social movement for individual and collective well-being of all people,” explained Isabelle Duchesneau, Executive Director of Le Monastère des Augustines. “It is the responsibility of today's generation to highlight the rich heritage in healthcare bestowed by the Augustinian Sisters, their values and the spirit of the monastery. It is through these initiatives, which foster global and sustainable healthcare, that we wanted to initially launch the Carrefour d'innovation en santé globale at Le Monastère des Augustines.”

The Carrefour d'innovation en santé globale is currently supported by Alliance santé Québec, Université Laval and the CHU. “It is only natural that the CHU would support the monastery's initiative as it is the evolution of long-standing historical and moral ties between the Hôtel-Dieu de Québec and the Augustinian Sisters,” said Ms. Gertrude Bourdon, President and Managing Director of the CHU de Québec and the evening's honorary president.

### **Initiatives and programs**

Several pilot projects, currently in development, were unveiled during the evening, including:

- Experiential wellness stays to offer rest and renewal for medical students from Université Laval
- A program of wellness stays and respite for professionals in the health and social services sector to help prevent burnout

Since its opening in 2015, Le Monastère des Augustines has already set up many programs as a part of its social and cultural mission, such as health stays for caregivers, lodging for helpers

accompanying the sick, and programs for healthcare professionals. These three programs are aligned with the monastery's commitment "to care for those who care for others."

The Carrefour will also soon offer a virtual platform that will bring together credible information, which will ensure the transfer of knowledge in healthcare and bring citizens together outside of the monastery.

## **Funding**

Since August 1, 2015, Le Monastère des Augustines has welcomed a clientele from around the world. It offers a unique experience in holistic health, along with several original ways to learn more about the Augustinian Sisters' heritage, including a hotel, museum and comprehensive cultural and health programs. Le Carrefour d'innovation en santé globale will be funded, in part, by the monastery's operating surplus and thanks to the support of strategic and financial partners. Le Monastère des Augustines will therefore become the solid foundation for the development of the Carrefour, which will carry out the monastery's social and cultural mission.

## **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, Le 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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