

## LE MONASTÈRE DES AUGUSTINES LAUNCHES ITS PROGRAMS: A HUNDRED INSPIRING HOLISTIC HEALTH AND CULTURAL ACTIVITIES

**Québec, November 18, 2014** – At a launch event held at the Auberge Saint-Antoine, Le Monastère des Augustines revealed most of its holistic health and cultural activity programs. Around 100 activities will be offered by more than 75 skilled professionals, with or without accommodation. For the first year of operation, which will start in the summer of 2015, they will be held in an authentic and inspiring setting: the historic wings of the renovated monastery.

These programs are made up of five types of activities which vary in length from an hour to seven days: daily programs, workshops, lectures, concerts and special events. Though they primarily target the French-speaking general public, 10% of activities will nonetheless be held in English during the first year.

Offered by partners who are recognized experts in their fields (physicians, psychologists, doctors, authors, journalists, professors, historians, musicians, herbalists, etc.), these original activities will deal with subjects such as art and creativity, interpersonal relationships, the body and movement, psychology and well-being, natural health, spirituality and the quest for meaning, life transitions, the history of art, medicine and pharmacy, nutritional habits in New France, herbalism, major historical events, etc.

“Whether they focus on culture or holistic health, all program activities draw inspiration from the Augustinian Sisters’ history, allowing the public to connect directly with their heritage. The story of these hospitable women is a genuine lesson in humanity, and every expert partner who agreed to take part in the programs shares their values,” said Sonia Reid, Director of Programs and Events for Le Monastère des Augustines.

### The right tools are key in a preventive approach to health

Like the other components of Le Monastère des Augustines’s holistic health services (accommodation, the restaurant, personalized services), the programs offer caring support to people on a quest for personal development. As they are meant to complete the public health care system with a preventive approach, they have no therapeutic components—instead, they provide individuals with practical tools they can put to use in their daily lives.

To ensure the quality and relevance of the “holistic health” component of these programs, an advisory committee composed of health care, social service and business professionals was established.

“The flagship product of our programs is the workshop, since it allows people to delve deeply into a specific subject over several days. Workshops also have the distinction of

being offered as a package. With accommodation, three healthy meals a day, access to the museum and other bonuses, the workshop stay is a great opportunity for personal growth while sampling the various additional components of our offering,” said Isabelle Duchesneau, Executive Director of Le Monastère des Augustines.

### Support and respite for those who take care of others

The Monastère’s programs will also contribute to the social mission of La Fiducie du patrimoine culturel des Augustines by offering support and respite to those who provide care to others.

Among our programs, health care and social service professionals who need a break from their intense work pace will find over a dozen activities designed especially for them, to nurture them professionally and personally. Caregivers and persons accompanying the sick, who often face burnout and financial concerns, can also benefit from activities designed for them and administered in collaboration with La Fiducie du patrimoine culturel des Augustines.

Details about all program activities can now be found on Le Monastère des Augustines’s website ([monastere.ca](http://monastere.ca)). The site is transactional and allows visitors to make online reservations for the various available formulas (with or without accommodation). New workshops, lectures and concerts will keep being added to the calendar from now until the official opening.

***Le Monastère des Augustines** is the non-profit organization responsible for the operations and activities that will take place in the historic wings of the Hôtel-Dieu de Québec monastery that founded the continent’s first hospital north of Mexico (1639). Situated in the heart of Old Quebec and completely restored and redesigned, Le Monastère offers guests a unique experience in holistic health, along with a rare opportunity to connect directly with the Augustinian Sisters’ remarkable heritage, all in a non-confessional approach. Experiential accommodations, a museum, an archives centre, programming, a restaurant, a boutique and specialized services will be available beginning in the summer of 2015. Le Monastère des Augustines was made possible through collaboration and financial assistance from La Fiducie du patrimoine culturel des Augustines, to whom the Augustinian Sisters entrusted their heritage for the benefit of the population of the province of Quebec.*

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