

LE MONASTÈRE DES AUGUSTINES UNVEILS APPROACH TO TOTAL HEALTH AND DETAILS OF WHAT WILL BE OFFERED TO THE PUBLIC

Quebec, June 5, 2013 – Earlier today, *La Fiducie du patrimoine culturel des Augustines* held a press conference at the *Hôtel-Dieu de Québec* monastery to unveil the concept and approach behind the project **Le Monastère des Augustines**, as well as details about what will be offered to the public when the site opens to the public in the spring of 2015.

The concept is built on 2 supporting themes that have been tied to the Augustinian Sisters' presence and work since 1639: culture and health.

"A visit to **Le Monastère des Augustines** will be a unique opportunity to claim or reclaim our common history and culture in a place dedicated to the well-being of people of today, inspired by the values of the Augustinian Sisters", said Mr. Bernard Cliche, Chair of the Board of Directors of the Fiducie.

Unique programming developed around the theme of total health

"The concept of total health refers to several aspects of well-being: physical, psychological, social and spiritual. Taking an interest in total health leads not only to personal well-being on a physical level, but also to seeking balance in all areas of life", explained Isabelle Duchesneau, General Manager of *Le Monastère des Augustines*.

Le Monastère des Augustines' commitment to total health is rooted in the Augustinian Sisters' mission to care for body and spirit. The same concern will continue to be honoured and will run through every aspect of the project. In this regard, **Le Monastère des Augustines** will offer extensive programming of international caliber developed to meet the needs of people of today in the areas of well-being and spiritual renewal. Daily activities, seminars, conferences, training, workshops, concerts and coaching will all be part of the programming. Possible themes include: yoga, healthy eating, burn-out prevention, emotional intelligence, healthy management of life transitions, search for meaning, etc..

The Augustinian Sisters' former "cells" will be converted into 64 comfortable rooms that will offer visitors a choice between a restored and authentic style or a simple contemporary décor.

Different types of visits and personalized stays will be offered to people with varied interests: from a few hours to longer stays, with access to cells or without accommodation, guided or without accompaniment.

To nourish heart and spirit

This "healthy" programming will be offered in exceptional surroundings that have been completely restored, while remaining steeped in history and culture and conducive to nurturing the spirit. Cultural and educational activities will enrich this aspect of the project and will ensure a coherent dialogue between past and present. The museum (40 000 medical, ethnological and religious artefacts and works of art) and the archives (1 000 linear meters of documents and old books) will present the evolution of health and healthcare in New France through the history of the Augustinian Sisters and the heritage of their 12 monastery-hospitals. The experience will be unique: current, anchored in universal values, and lived on a classified historic site that will remain, as long as possible, the home of the Augustinian Sisters of *l'Hôtel-Dieu de Québec*.

Additional services

Additional services will complement the unique nature of the experience at *Le Monastère des Augustines*: a boutique, a restaurant inspired by the philosophy of mindful-eating offering quality, healthy food, and access to a dozen meeting spaces - including the sisters' choir, the centuries-old vaults, and a historic refectory - for gatherings and events of various sizes.

The Price family offers its support

During the press conference, Mr. Evan Price, representing the Virginia Parker Foundation, explained how he is doubly invested in **Le Monastère des Augustines**. On the one hand, he has agreed to become Chair of the Board of Directors of the non-profit organization that will oversee operations on the site. Furthermore, Mr. Price confirmed that the Virgin Parker Foundation, of which he is a member of the Board, has committed to donating 500 000 dollars over 5 years to the *Fiducie du patrimoine culturel des Augustines* to support development of the concept and operations. The Virginia Parker Foundation is the first donor from the private sector, after the Augustinian Sisters themselves, to support the project.

“The beginning of restoration work on the *Hôtel-Dieu de Québec* monastery combined with continued development of the concept confirms that our priority project has entered into the phase of active development. Our objective is to bring it to completion on time but, in order to succeed, we will soon need public support because funding received from the various levels of government is to be used principally for restoration of the building. We express our deepest gratitude to the Virginia Parker Foundation that recognizes, as we do, that *Le Monastère des Augustines* is of such magnitude that it will certainly reinforce Quebec’s reputation as a city of touristic and historical interest of international caliber”, concluded Mr. Cliche.

Le Monastère des Augustines is scheduled to open to both residents and visitors to Quebec City, of all cultures and beliefs, in the spring of 2015. In line with the Augustinian Sisters’ social mission, several initiatives will be developed to support those who care for others in our society, including family caregivers and health and social service professionals.

*La Fiducie du patrimoine culturel des Augustines is a Trust whose mission is to ensure the preservation and sharing of the heritage (both immovable and movable heritage that includes collections of medical, ethnological and religious artefacts as well as archives and old books) and the memory of the Augustinian Sisters of the province of Quebec for the entire population for generations to come. The Fiducie is currently overseeing the restoration of the Hôtel-Dieu de Québec monastery (a National Historic Site of Canada and a Heritage Site according to Quebec’s Cultural Heritage Act) in order to bring to life **Le Monastère des Augustines**. The Centre Catherine-de-Saint-Augustin, which will continue its activities under the responsibility of the Augustinian Sisters, will also be located on the premises.*

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SOURCE: La Fiducie du patrimoine culturel des Augustines

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