



DIRECTIONS FROM QUEBEC CITY

From Quebec City, follow the signs for Highway 40 west (40 ouest), heading towards Montreal.

Continue on Highway 40 WEST(40 OUEST) until you reach Trois-Rivières. From Trois-Rivières take Highway 55 NORTH(NORD), heading towards Shawinigan.

On Highway 55 NORD, exit Sortie 217 – Saint-Mathieu-du-Parc. After taking the exit, you will come to a stop sign -- turn left onto the 351 SUD road, towards Saint-Mathieu-du-Parc.

Continue straight ahead. You will pass Saint-Gérard-des-Laurentides -- continue on the road 351 SUD until you reach Saint-Mathieu-du-Parc.

Turn left at the flashing light in the village.

Continue on 351 SUD.

After 2 km , you'll see the "Fondation l'Art de Vivre" sign (blue sign) on your left.

Turn onto the road and continue following the L'ART DE VIVRE signs, until you reach the Center.

WELCOME HOME!