

DIRECTIONS FROM OTTAWA

Take Hwy 417 towards Montreal, then it becomes Hwy 40 in Quebec. Stay on Hwy40 all the way through Montreal, off the island and then towards Quebec city.

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

On Highway 55 NORD, exit Sortie 217 – St. Gerard des Laurentides. After taking the exit, you will come to a stop sign -- turn left onto Highway 351 SUD, towards Saint-Gérard-des-Laurentides.

Continue straight ahead. You will pass Saint-Gérard-des-Laurentides -- continue on Highway 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!