



P E S
a division of Global Tracks, Inc.
CME/CE CRUISE & TRAVEL SEMINARS



Costa Rican Tree Frog

COSTA RICA ADVENTURE

RAINFOREST, VOLCANO & BEACH

January 22 - 30, 2016

San José | Tortuguero | Arenal Volcano | Monteverde Cloud Forest



Howler Monkey



Hanging Bridges

HIGHLIGHTS

LEARN, EXPLORE, EXPERIENCE

- **San José:** Experience the beautiful museums and historical sites
- **Tortuguero:** Canoe the "Amazon of the Costa Rica" through lush lagoons surrounded by jungles of exotic plants and spot corcodiles and caimans, sloths and a variety of monkeys, and tropical birds and lizards
- **Arenal Volcano:** Hike around this picture-perfect volcano with great wildlife viewing, exotic plants, and magnificent lava rock formations
- **Monteverde Cloud Forest:** Explore the canopy of the cloud forest by walking along hanging bridges and by ziplining through the forest
- **Family and Friends Welcome**

The Professional Education Society invites you to join our CME/CE Seminar for Medical, Dental, Nursing and Allied Healthcare Professionals

Emerging Medicine & Issues in Primary Care

COSTA RICA ADVENTURE



Arenal Volcano

PROGRAM INCLUSIONS:

- 2 Nights - Costa Rica Studio Hotel, San José
- 2 Nights - Laguna Lodge, Tortuguero
- 2 Nights - Royal Corin Resort, Arenal
- 2 Nights - El Establo Hotel, Monteverde
- Meals - 8 Breakfasts, 7 Lunches, 4 Dinners
- Daily sightseeing activities as per itinerary
 - San José City Tour
 - Tortuguero Town Tour
 - Tortuguero National Park Boat Tour
 - Arenal Volcano National Park Tour
 - Arenal Lake Boat Tour
 - Monteverde Cloud Forest Night Tour
 - Ziplining and Hanging Bridges Tour
- PES Hospital & Clinic Visits
- Airport transfers and all in-program transportation
- Program gratuities, portorage and all taxes

Enjoy **PURA VIDA**, Spanish for pure life, the easygoing rhythms of Costa Rica as you explore the rainforest, volcano and beach. Zipline through the rainforest canopies, search for exotic wildlife, explore lakes, lagoons, and rivers, and revel in the friendly lifestyle.

| DATE | DAY | LOCATION | ACTIVITY |
|--------|------|----------------------|--|
| Jan 22 | Fri | San José, Costa Rica | Arrive San José International Airport |
| Jan 23 | Sat | San José | PES Hospital Visits; City Tour; Welcome Dinner |
| Jan 24 | Sun | Tortuguero | Boat Ride; Town Tour; PES Clinic Visit |
| Jan 25 | Mon | Tortuguero | Tortuguero National Park Boat Tour |
| Jan 26 | Tues | La Fortuna (Arenal) | Transfer to Arenal Area |
| Jan 27 | Wed | La Fortuna (Arenal) | Arenal Volcano National Park Hike; Town Tour; PES Clinic Visit |
| Jan 28 | Thur | Monteverde | Arenal Lake Boat Tour; Monteverde Cloud Forest Night Tour |
| Jan 29 | Fri | Monteverde | Zipline and Hanging Bridges Tour |
| Jan 30 | Sat | Liberia | Depart Liberia International Airport |



OPTIONAL GUANACASTE BEACH STAY | JANUARY 30 - FEBRUARY 2, 2016

Extend your Costa Rica Adventure with a 3-night all-inclusive stay at the Westin Playa Conchal Resort. Enjoy numerous beaches and optional area activities such as, snorkeling, sportfishing, golf, ziplining, or a relaxing spa experience.

Contact your travel coordinator for more information.

Package & PES Seminar Pricing

Costa Rica Land Package:
\$2,798 per person, double occupancy
\$565 single supplement

CME/CE Professional Seminar Fee: \$695
Seminar Attendance Fee: \$450

Required Deposit:
 Package: \$560 per person
 Seminar: \$200 per person
 • All prices are per person based on double occupancy
 • Pricing can be provided as 2-for-1 upon request
 • All seminar activities are lectures



Ziplining



Tortuguero



White-Faced Capuchin

Join our Mailing/Email List!

Call Toll Free 1-877-737-7005

www.PEstravel.com

**The Professional Education Society invites you to join our CME/CE Seminar
for Medical, Dental, Nursing and Allied Healthcare Professionals**

Emerging Medicine & Issues in Primary Care

PES Mission Statement: Our mission is to provide quality global CE/CME programs for healthcare professionals, catalyzing opportunities for collaboration with national and international colleagues, while fostering cross-cultural perspectives and partnerships in healthcare education and the delivery of quality patient care.

Seminar Overview/Statement of Purpose:

Healthcare practitioners are currently faced with the challenges of both treating and preventing the ever-increasing incidence of chronic diseases in the US population. In addition, the need to adapt best practice models in the context of emerging healthcare reforms impacting patient care delivery and access to care is an important issue for all healthcare practitioners to address.

The health care community in Costa Rica has been able to offer affordable health care and rapid advancements without the burgeoning costs we face in North America. Along with high rankings for overall medical care, affordability and availability for all Costa Ricans; Costa Rica now has a category of tourism referred to as "Medical Tourism". Many of the country's highly trained physicians and some dentists work in the mornings for the CCSS (Caja Costarricense de Seguro Social, the government sponsored network) and operate their own offices and clinics in the afternoons and evenings. This program will review how Costa Rica has used a system for 60 years that is able to meet the needs of all of their citizens. In addition foreigners living in Costa Rica that are legal residents can join the CCSS and get free treatment (everything from checkups to prescription drugs to major surgeries) by paying a small monthly fee-based on income. Tourists and visitors can use Caja facilities only in emergencies. Confronting the challenges of providing quality patient care in the face of limited budgets and resources that impact healthcare delivery and access, is fast becoming a global issue for healthcare practitioners.

We explore these challenges with in-country professionals and provide opportunities for practitioners to enhance healthcare delivery models and best practices to prevent and control disease in cross-cultural environments.

Planned In-Country Healthcare Topics Include:

- National Healthcare Delivery Systems: Medical & Dental
- Contrast Between Public & Private Hospitals
- Emerging Healthcare Issues in Primary Care
- Healthcare Delivery in Isolated Communities

Educational Goals

Our goal is to provide unparalleled CE/CME travel opportunities for healthcare professionals that combine their most passionate destination desires with their educational goals, fostering exceptional learning experiences, friendships and connections with national and international colleagues.

- Assure that healthcare education programs provide best practice models reflecting current issues in medicine and healthcare for providing quality patient care
- Provide professional educational exchanges with international colleagues, healthcare educational organizations and clinics to gain cross-cultural perspectives and updates in the treatment and prevention of disease
- Allow medical/healthcare professionals to compare and contrast current best practices in medical/healthcare delivery to provide quality patient outcomes in their own professional setting

Learning Objectives

Keep abreast of rapid expansion of medical knowledge and current best practice models on multiple topics to facilitate change and thus provide continually excellent patient care.

Continuing Education Recognition Awards offered for healthcare professionals on this PES Program include:

Physicians: This Program will be reviewed for 12 Prescribed hours by the American Academy of Family Physicians. AAFP Prescribed credit is accepted by the AMA as equivalent to AMA PRA Category 1 for the AMA Physician Recognition Award.

Dentists: The Professional Education Society is an ADA CERP Recognized Provider.



ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry.

The Professional Education Society designates this activity for a minimum of 12 continuing education credits.

Nurses: The Professional Education Society is approved by the California Board of Registered Nursing, Provider Number CEP 5428, for up to a minimum of 12 contact hours. Although the California Board of Registered Nursing does not approve individual continuing education courses, providers are required by law to be approved by the Board. Reciprocity for continuing education hours for nurses is available in most states. Please check with your regulation board regarding requirements.

For Other Healthcare Professionals: Certificates of Attendance are issued to all participants attending credit sessions and can be submitted for credit approval to their professional board. In order to receive a Certificate of Attendance, registrants must sign-in, attend the programs and complete a program evaluation.

Tax Deduction: This healthcare seminar has been designed to comply with current IRS convention rules and deductibility requirements under Code Section 274(h)(1) as directly related to the conduct of the attendee's profession and meeting the reasonableness standard of the foreign seminar rules. The formal meetings will be scheduled with lectures and discussions. Seminars in conference rooms, clinics or hospitals will be conducted by in-country speakers as well as distinguished faculty of the Professional Education Society.

Documentation verifying the scheduling dates, locations, hours of attendance, certificate of participation, and appropriate certificate of continuing medical, dental or nursing education will be provided at the completion of the conference. Tax deductible benefits are not guaranteed and we recommend that every attendee should consult with their Tax Consultant about their Individual situation to determine the appropriate amount and reporting of deductible expenses.