

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

# Iceland Circumnavigation Cruise

Roundtrip Reykjavik on Ponant Le Boréal

**July 29 – August 5, 2019**

**7-Night All-Inclusive Luxury Cruise to Iceland & Cross the Arctic Circle**



**Professional Education Society Savings! Save \$300 per person if booked by October 1, 2018!**



*Join PES on a voyage of discovery! Surround yourself with breathtaking scenery and visit extreme lands of fire and ice on this week-long journey to Iceland! Plus, cross the Arctic Circle to witness the extraordinary midnight sun!*

## Cruise Itinerary Highlights:

- Explore Reykjavik, Iceland's capital, with its eclectic architecture, vibrant museum and art scene and the famous Blue Lagoon geothermal pool
- Cross the Arctic Circle on Grimsey Island and cruise along the coast of Surtsey, Earth's youngest island and a UNESCO World Heritage site
- Opportunities to explore Iceland's most spectacular waterfalls, stunning landscapes, charming fishing towns and stations, amazing lava towers, craters, lakes, and lagoons
- Discover an abundance of wildlife in their natural habitat, including the adorable puffins, northern fulmars, gulls, arctic terns and black guillemots, plus harbor porpoises and humpback whales

## All-Inclusive Cruising:

- All meals – gourmet cuisine with a French touch – in a choice of two restaurants and 24-hour room service
- Complimentary wines, house champagne and spirits, as well as specialty coffee drinks, soft drinks, juices, bottled water and afternoon tea service
- Pre-paid gratuities for housekeeping, bar, and dining staff
- Theater for naturalist lectures and evening entertainment
- Ample onboard leisure areas including the main lounge, an intimate piano bar, swimming pool with deck seating and bar, and a library
- Onboard fitness center, plus a hair salon and full service spa



**P E S**  
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CME/CE CRUISE & TRAVEL SEMINARS

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**Medical/Dental Healthcare Needs in Iceland**

**This Seminar is planned for up to 12 Continuing Education Credit Hours**



# PES Seminar Hosts



**Bryan Bergens, DDS**  
FICOI, ABAAHF, FACD, FMNM

- Board Certified Periodontist
- Fellow, International Congress of Oral Implantologists
- Diplomat of the American Academy of Periodontology
- Fellow, Metabolic & Nutritional Medicine



**Bridget Bergens,**  
OTR/L, CFSP, CPHWC

- Registered Occupational Therapist
- Certified Professional Wellness Coach
- Certified Food and Spirit Practitioner

# Seminar Topics

- Overview of Iceland and Iceland Healthcare
- Overview of Bisphosphonates and Other Antiresorptive Medications in Dentistry
- Updates and Icelandic Perspectives on Dentistry
- Healthy Gut = Healthy You! – What your microbiome wants for dinner
- Building Better Bones Naturally – A whole body approach to peak bone health at any age
- Effect of Climate Change & Environmental Pollution on Human Health in the Arctic
- Strategies for Community Health Outreach: Risk Management & Prevention
- Travel Medicine Updates & Medicine at Sea

*A natural wonderland! Iceland will captivate you with its majestic scenery, abundant wildlife, rich cultural heritage and the midnight sun*



Date	Day	Port	Arrive	Depart
Jul 29	Mon	Reykjavik	Embark	6:00 pm
Jul 30	Tue	Isafjordur	12:00 pm	7:00 pm
		Crossing the Arctic Circle		
Jul 31	Wed	Sailing around Grimsey		
		Grimsey Island	12:00 pm	7:00 pm
Aug 1	Thu	Akureyri	6:00 am	5:00 pm
Aug 2	Fri	Seydisfjordur	12:00 pm	6:00 pm
Aug 3	Sat	Heimaey, Vestmannaeyjar	4:00 pm	9:00 pm
Aug 4	Sun	Reykjavik	8:00 am	Overnight
Aug 5	Mon	Reykjavik	Disembark	



**Le Boréal—264 Guest Luxury Yacht**

Ponant offers authentic travel experiences aboard smaller-sized yachts in five-star comfort. With only 132 cabins, the intimate Le Boréal allows visits to unique ports and tucked away wilderness areas. While on board, experience the benefits of all-inclusive cruising with fine-dining, unlimited alcoholic and non-alcoholic drinks, and included gratuities and port charges.



Le Boréal



Prestige Stateroom with Balcony

## PES Stateroom Rates\*

\*Professional Education Society Savings!  
Save \$300 per person if booked by October 1, 2018!

Category	Brochure Price Per Person	PES Savings Price Per Person
<b>Staterooms with Balcony</b>		
Deluxe   Deck 3   243 sq. ft.	\$6,230	\$5,930
Prestige   Deck 4   243 sq. ft.	\$6,970	\$6,670
Prestige   Deck 5   243 sq. ft.	\$7,300	\$7,000
Prestige   Deck 6   243 sq. ft.	\$7,660	\$7,360
<b>Suites with Balcony</b>		
Prestige Suite   Deck 5   484 sq. ft.	\$14,450	\$14,150
Prestige Suite   Deck 6   484 sq. ft.	\$15,170	\$14,870
CME/CE Professional Seminar Fee:	<b>\$695</b>	
Seminar Attendance Fee:	<b>\$450</b>	

Rates include port taxes of \$400 per person.  
Prices are based on double occupancy or two people per stateroom.  
Single pricing is 100% of double pricing and is capacity controlled by Ponant and subject to change.

**Required Deposit:**  
Cruise: \$1,500 per person  
Seminar: \$200 per person  
**Second Payment:** 50% of the remaining invoice balance is due by January 9, 2019  
**Final Payment Due:** April 24, 2019



## Exclusive Land Package Optional Pre-Cruise Package: July 26 - 29, 2019

*The Land of Fire and Ice!* Join PES for a custom, four-day program based in Reykjavik that highlights Iceland's most popular sights! Our full day tours explore Iceland's "Golden Circle" which includes Gullfoss Waterfall, Strokkur Geyser, and Thingvellir National Park, plus a tour to the South Shore to see the black lava sand coast and impressive rock formations. The famous mineral-rich Blue Lagoon is an experience not to be missed!

**Price per Person:** \$2,850 Double Occupancy  
**Deposit:** \$500 per person \$3,560 Single Occupancy



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

## MEDICAL/DENTAL HEALTHCARE NEEDS IN ICELAND

**PES Mission Statement:** Our mission is to provide quality global CME/CE 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:

PES is fortunate to have dental and medical practitioners representing a variety of specialties participating in the CME/CE sessions. PES understands the importance of offering inter-professional healthcare education, allowing colleagues to gain cross-specialty perspectives and updates in the treatment and prevention of disease. 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.

Icelanders have long been proud of their health care system and believed it to be among the best in the world. For a long time, Icelanders enjoyed (along with Japan) the highest life expectancy in the world. Iceland is a developed country and as such its major health issues are similar to countries in other parts of the Western World. Mental health problems and obesity seem to be the topics most frequently covered by the media. Another common issue is the status of the health care system itself which seems to be in a decline. All Icelandic citizens are covered by the national health insurance scheme. The system is mostly financed by taxes although a small fraction is paid with service fees (15%). The Icelandic healthcare system is divided into four different categories: health care clinics, health institutions such as mental health faculties and institutions with long term in-patients, university hospitals and teaching hospitals. Major hospitals include the Landspítali University Hospital in Reykjavik and the Akureyri Hospital.

Confronting the challenges of delivering quality patient care in the face of increased budget restriction and resources within the overall framework of continued healthcare reform is fast becoming a global issue for healthcare practitioners. It is timely to provide an overview of the current status of healthcare delivery systems, their impact on populations and how key health issues are addressed in both the UK and North America.

### Other Planned Healthcare Topics Include:

- Overview of Iceland and Iceland Healthcare
- Overview of Bisphosphonates and Other Antiresorptive Medications in Dentistry
- Updates and Icelandic Perspectives on Dentistry
- Healthy Gut = Healthy You! – What your microbiome wants for dinner
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**Educational Goals:** Our goal is to provide unparalleled CME/CE 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.

- Conduct educational healthcare programs to learn about best practice models reflecting current approaches in medicine and healthcare across different cultures for providing quality patient outcomes
- 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:** Programs are reviewed by the *American Academy of Family Physicians* for up to 12 Prescribed Credit Hours. AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 credit(s) toward the AMA Physician Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.

**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 up to 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 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. 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.