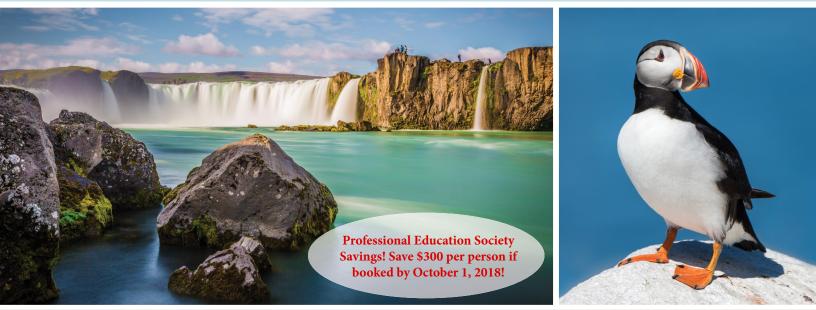
The Professional Education Society invites you to join our CME/CE Seminar for Medical, Dental, Nursing and Allied Healthcare Professionals

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



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 Grímsey 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



info@PEStravel.com 877-737-7005 www.PEStravel.com



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, ABAAHP, FACD, FMNM

Board Certified Periodontist Fellow, International Congress of Oral Implantologists Diplomate 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

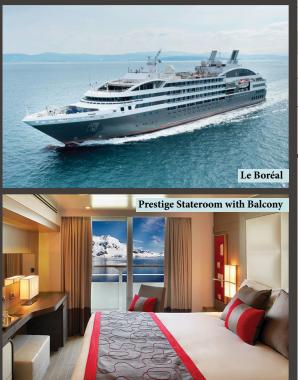
A natural wonderland! Iceland will captivate you with its majestic scenery, abundant wildlife, rich cultural heritage and the midnight sun

	North Sea
Arctic Circle Gri	msey
Isafjördur Akureyri ICELANE • REYKJAVIK Heimaey	Jeguisjordul



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 nonalcoholic drinks, and included gratuities and port charges.



info@PEStravel.com

	Date	Day	Port	Arrive Depart	
	Jul 29	Mon Reykjavik		Embark	6:00 pm
	Jul 30	Tue	Isafjördur	12:00 pm	7:00 pm
			Crossing the Arctic Circle		
	Jul 31	Wed	Sailing around Grímsey		
			Grímsey Island	12:00 pm	7:00 pm
	Aug 1	Thu	Akureyri	6:00 am	5:00 pm
	Aug 2	Fri	Seydisfjördur	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	
	PES	State	eroom Rates*	*Professional Education So Save \$300 per person if boo	· ·

Category	Brochure Price Per Person		Savings Per Person	Rates include port taxes of \$400 per person. Prices are based on double	
Staterooms with Balcony				occupancy or two people per stateroom.	
Deluxe Deck 3 243 sq. ft.	\$6,230		\$5,930	Single pricing is 100% of double	
Prestige Deck 4 243 sq. ft.	\$6,970		\$6,670	pricing and is capacity controlled by Ponant and subject to change.	
Prestige Deck 5 243 sq. ft.	\$7,300		\$7,000	Required Deposit:	
Prestige Deck 6 243 sq. ft.	\$7,660		\$7,360	Cruise: \$1,500 per person	
Suites with Balcony			Seminar: \$200 per person		
Prestige Suite Deck 5 484 s	sq. ft. <u>\$14,450</u>		\$14,150	Second Payment: 50% of the remaining invoice balance is due by	
Prestige Suite Deck 6 484 s	sq. ft. \$15,170		\$14,870	January 9, 2019 Final Payment Due:	
CME/CE Professional Sem	ninar Fee:	\$695		April 24, 2019	
Seminar Attendance Fee:		\$450			

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

The Land of Fire and Ice! Join PES for a custom, fourday 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 mineralrich Blue Lagoon is an experience not to be missed!

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

Call Toll Free 877-737-7005

www.PEStravel.com



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 Landspitali 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
- Effect of Climate Change & Environmental Pollution on Human Health in the Arctic
- Strategies for Community Health Outreach: Risk Management & Prevention
- Building Better Bones Naturally A whole body approach to peak bone health at any age Travel Medicine Updates & Medicine at Sea

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.