

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

Portugal & Douro River Cruise

Lisbon to Porto on AMA Waterways AMA Vida

September 8 – 18, 2018

Lisbon | Porto | Salamanca | Vineyards & Port Tasting | Dramatic Landscapes



Begin in the beautiful Portuguese capital, Lisbon, before beginning your journey down the Douro River, with its dramatic gorges, lush vineyards and tranquil fishing villages

Itinerary Highlights:

3-nights in Lisbon

Visit Jeronimo's church with its beautiful Manueline architecture, ancient Belem Tower and Sintra, a mountain village & Summer residence of the royal family

7-night Douro River Cruise

Cruise the world's oldest wine region and a UNESCO Site. From your balcony soak in the terraced hillsides & dramatic gorges, and acres of lush vineyards – *unpack once & settle in!*

Tour Portugal's quaint villages

Charming *Porto* with its bridges, baroque cathedrals & iconic sights. *Régua* to see the Mateus Palace and explore the beautiful gardens. Visit *Salamanca*, a university town & UNESCO World Heritage Site

AMA Waterways Package Includes:

- Fine dining with all meals included during your cruise, and a daily buffet breakfast in Lisbon
- Complimentary local wine, port wine, beer and soft drinks with lunch and dinner on board
- Shore excursions in every port with local guides
- Guided bicycle tours or explore on your own
- Complimentary Wi-Fi access on board
- Sun deck with nice views, heated pool, fitness room & spa
- Nightly evening entertainment on board
- Finest onboard service of any river cruise line
- Daily cocktail hour with complimentary wine, beer and spirits



P E S
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CME/CE CRUISE & TRAVEL SEMINARS

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Current Medical/Dental Health Issues

This Seminar is planned for up to 14 Continuing Education Credit Hours

PES Seminar Host



Donald Stillwagon, MD, FP

Dr. Stillwagon is a family medicine practitioner whose clinical interests are obesity, geriatrics and travel medicine. Board certified in family medicine and geriatrics, Dr. Stillwagon provides individualized and personalized care to patients of all ages. Since 1985, he has practiced in The Woodlands, TX at the Village Medical Center, the area's largest primary care group.

Seminar Topics

- Clinical Pearls: Covering Advances in Medicine and Dentistry
- Practice Pearls: Effective Systems to Maximize Productivity in your Practice
- Travel Medicine Updates
- Top Primary Care Research Studies This Past Year (Results of which affect us all)
- Medical/Dental Roundtable Seminar Current Treatment Issues & Updates
- Overview of the Healthcare System in Portugal
- Updates in Endodontics



Explore one of Europe's most unspoiled regions, the Douro River Valley, with bountiful vineyards and charming native farms

Date	Day	Port	Activity
Sep 8	Sat	Lisbon	Arrive Lisbon – 3 Nights hotel stay
Sep 9	Sun	Lisbon	City Tour: Belem Tower & Jeronimos Monastery
Sep 10	Mon	Lisbon	Sintra excursion: Castelo da Pena & wine tasting
Sep 11	Tue	Porto	High speed train to Porto / Embark AMA Vida
Sep 12	Wed	Régua	Lamego tour or Bolas de Lamego tasting
Sep 13	Thu	Barca d'Alva	Scenic cruising & Castelo Rodrigo tour
Sep 14	Fri	Barca d'Alva	Salamanca excursion & Flamenco Show
Sep 15	Sat	Pinhão	Wine Tasting & lunch at Quinta
Sep 16	Sun	Régua	Mateus Palace, Quinta picnic or Port wine tasting
Sep 17	Mon	Porto	City tour & Port wine tasting / Taste of Matosinhos
Sep 18	Tue	Porto	Disembark

AMA WATERWAYS™

Ama Vida – 106 passenger ship

The Ama Vida brings Ama Waterways' distinctive standard of excellence to the Douro River in Portugal. This grand vessel features balconies in the majority of its spacious staterooms and suites

Cruise in Comfort & Style
in your Floating Hotel



AMA Vida

PES Stateroom Rates*

PES \$250 per person discount!

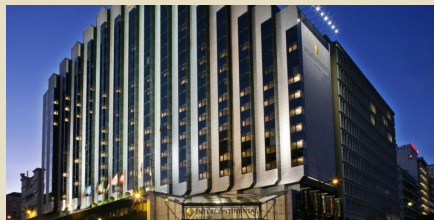
Category	Double Per Person	Cruise Only	*Rates do not include port taxes of \$168 per person. Prices include PES \$250 per person discount
Panoramic Window 161 sq.ft.			
E Lower Deck (Douro)	\$4,329	\$3,549	Double Pricing is based on double occupancy or two people per stateroom. Please contact us for single room pricing.
D Lower Deck (Douro)	\$4,628	\$3,848	
Balcony and Full View Window 215 sq.ft.			
C Middle Deck (Lisbon)	\$5,528	\$4,748	Invoices can be provided as 2-for-1 cruise fares upon request
B Middle Deck (Lisbon)	\$5,718	\$4,948	
A Upper Deck (Porto)	\$6,028	\$5,248	Required Deposits: Cruise: \$500 per person (non-refundable deposit on Suites) Seminar: \$200 per person
Suite with Balcony and Full View Window 323 sq.ft.			
Suite Upper Deck (Porto)	\$7,528	\$6,748	Final payment due: May 11, 2018
CME/CE Professional Seminar Fee:		\$695	
Seminar Attendance Fee:		\$450	



Pre-cruise Package (included in Double Fare)

3-Night Hotel Package in Lisbon

Package includes hotel accommodations at the Intercontinental Lisbon with daily breakfast, a farewell dinner, 2 days of sightseeing, and a high speed train ride to Porto.



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

CURRENT MEDICAL/DENTAL HEALTH ISSUES

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.

The Portuguese are among the world's healthiest people and have one of the highest life expectancies in the European Union. However, the country also once had one of the highest infant mortality rates in Western Europe, although it's fallen considerably in recent years as medical services have improved. The incidence of heart disease in Portugal is among the lowest in the world, a fact officially contributed in large part to their diet (Mediterranean), as is the incidence of cancers. However, the country has a high incidence of smoking-related health problems.

Portugal has a public health system, providing free or low-cost health care for those who contribute to Portuguese social security. Primary health care in Portugal is of key importance and they promote universal access to a comprehensive set of health services through a nation-wide system of public sector health centers.

Planned In Country Healthcare Topics Include:

- Health, Nutrition & Changing Demographics
- Health Care Overview
- Dental Healthcare Updates: Delivery & Treatment
- Travel Medicine
- Primary Care: Prevention & Intervention Strategies for Improving Public Health
- Healthcare Issues for an Aging Population
- Advances in Dentistry

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.

- 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: Programs are reviewed by the *American Academy of Family Physicians* for a minimum of 14 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 a minimum of 14 continuing education credits.

Nurses: The *Professional Education Society* is approved by the California Board of Registered Nursing, Provider Number CEP 5428, for up to 14 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.