



P E S

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CME/CE CRUISE & TRAVEL SEMINARS

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Historic Holy Lands Cruise

Dubai to Rome on Regent Voyager

May 12 – June 1, 2018

Dubai | Oman | Jordan | Egypt | Suez Canal | Israel | Cyprus | Greece | Sicily | Italy



20-Night cruise to discover ancient and modern cultures, visiting revered and sacred ports with some of the world's most impressive architectural sites

Cruise Itinerary Highlights:

- Explore ancient Petra, the famous archaeological site
- Temples of Karnak & the tombs in the Valley of the Kings
- Suez Canal transit from the Red Sea to the Mediterranean Sea
- Mediterranean ports of Limassol, Rhodes, Taormina & Sorrento plus relaxing days at sea

All Inclusive Cruise Package: *FREE*

- Roundtrip Business Class Air & Unlimited Shore Excursions
- All Beverages Including Fine Wines and Premium Spirits
- Specialty Restaurants, Pre-Paid Gratuities & Unlimited WiFi
- 1-Night Pre-Cruise Hotel Package & Butler Service (*some categories*)

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

PES Seminar Host: Dr. Pell Ann Wardrop

Sleep Medicine and Effective Planning for Healthy Aging

This Seminar is planned for up to 18 Continuing Education Credit Hours

PES Seminar Host



Pell Ann Wardrop, MD, FAASM, FAAO-HNS

Dr. Wardrop is medical director of the St Joseph Sleep Wellness Center in Lexington, KY. She is certified by the American Board of Sleep Medicine, the American Board of Otolaryngology, and serves on the board of directors of the Kentucky Sleep Society.

Seminar Topics

- Overview of Sleep Disorders
- Understand the physiologic implications of Sleep Apnea
- Discuss diagnosis and current treatment options for Sleep Apnea
- Review of oral appliances for treatment of Sleep Disordered Breathing
- Explore the oral manifestations of Human Papilloma Virus
- Evidence based review of longevity strategies
- Investigate the evidence based effects of lifestyle interventions on longevity
- Living Arrangements Checklist for Elderly Patients



Regent

SEVEN SEAS CRUISES

The Most Inclusive Luxury Experience

Regent Voyager-700 guest all-suite, all-balcony ship

This is cruising as it was meant to be — a luxurious world where everything is included without exception and without compromise.

Experience a new standard in elegance & sophistication!

PES guests receive \$300 Spa or Shipboard Credit per Suite

Date	Day	Port	Arrive	Depart
May 12	Sat	Dubai, United Arab Emirates	Embark	4:00 PM
May 13	Sun	Muscat, Oman	12:00 PM	8:00 PM
May 14	Mon	Cruising the Arabian Sea		
May 15	Tue	Salalah, Oman	9:00 AM	6:00 PM
May 16	Wed	Cruising the Arabian Sea		
May 17	Thu	Cruising the Gulf of Aden		
May 18	Fri	Cruising the Red Sea		
May 19	Sat	Cruising the Red Sea		
May 20	Sun	Aqaba, Jordan	6:00 AM	9:00 PM
May 21	Mon	Luxor (Safaga), Egypt	9:00 AM	
May 22	Tue	Luxor (Safaga), Egypt		11:00 PM
May 23	Wed	Transit the Suez Canal		
May 24	Thu	Transit the Suez Canal		
May 25	Fri	Jerusalem (Haifa), Israel	6:00 AM	
May 26	Sat	Jerusalem (Haifa), Israel		8:00 PM
May 27	Sun	Limassol, Cyprus	8:00 AM	4:00 PM
May 28	Mon	Rhodes, Greece	10:00 AM	7:00 PM
May 29	Tue	Cruising the Mediterranean Sea		
May 30	Wed	Taormina (Sicily), Italy	8:00 AM	6:00 PM
May 31	Thu	Sorrento/Capri, Italy	8:00 AM	6:00 PM
Jun 1	Fri	Rome (Civitavecchia), Italy	6:00 AM	Disembark

The Acropolis of Lindos, Rhodes



Deluxe Veranda Suite



PES Stateroom Rates*

Category	Waitlist only for all categories	Double Price Per Person	Cruise Only
Deluxe Veranda Suites			
H Suite: 306 sq. ft. Balcony: 50 sq. ft.		\$10,999	\$7,299
G Suite: 306 sq. ft. Balcony: 50 sq. ft.		\$11,499	\$7,799
F Suite: 306 sq. ft. Balcony: 50 sq. ft.		\$11,999	\$8,299
Concierge Suites			
E Suite: 306 sq. ft. Balcony: 50 sq. ft.		\$12,599	\$8,899
D Suite: 306 sq. ft. Balcony: 50 sq. ft.		\$13,099	\$9,399
Penthouse Suites			
C Suite: 306 sq. ft. Balcony: 80-137 sq. ft.		\$13,799	\$10,099
B Suite: 320 sq. ft. Balcony: 50 sq. ft.		\$14,299	\$10,599
A Suite: 320 sq. ft. Balcony: 50 sq. ft.		\$14,799	\$11,099
Premium Suites			
SS Suite: 392-495 sq. ft. Balcony: 50-283 sq. ft.		\$18,999	\$15,299
VS Suite: 554 sq. ft. Balcony: 50 sq. ft.		\$21,999	\$18,299
GS Suite: 753 sq. ft. Balcony: 123 sq. ft.		\$25,999	\$22,299
MS Suite: 1,152-1,216 sq. ft. Balcony: 183-187 sq. ft.		\$28,499	\$24,799

*Rates Include: Business Class Air on All Intercontinental Flights and Air from select Domestic gateways and include the \$731 per person government fees & taxes.

Double fare pricing is per person, based on double occupancy or two people per suite.

Single fare pricing is 200% of Double price, is capacity controlled by Regent and subject to change.

Cruise Only fare has \$3,700 Business Class Air credit.

Required Deposit:
Cruise: 15% of cruise fare
Seminar: \$200 per person

Final Payment Due:
December 6, 2017



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

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

SLEEP MEDICINE AND EFFECTIVE PLANNING FOR HEALTHY AGING

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:

Healthcare practitioners are currently faced with the challenges of both treating and preventing the ever-increasing incidence of chronic diseases in the US population. 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. 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.

More than 70 million Americans experience fatigue, irritability, depression, inability to concentrate, memory problems, loss of productivity and auto or workplace accidents, primarily due to sleep disorders. These symptoms affect many aspects of your life and if left untreated, some sleep disorders may increase the risk of high blood pressure, heart attack or stroke. The course will educate healthcare providers on sleep disorders as the physician typically bears the burden of diagnosis, dentists, psychologists and respiratory therapist are usually involved. The course will also educate healthcare providers on how to comfortably communicate the importance of advance care planning and describe the steps of the advance care planning process.

Planned In Country Healthcare Topics Include:

- Overview of Sleep Disorders
- Understand the physiologic implications of Sleep Apnea
- Discuss diagnosis and current treatment options for Sleep Apnea
- Restless Leg Symptom: Diagnosis and Treatment
- Effect of ear infections on speech and language development
- Hearing Loss: Diagnosis and Treatment
- Effective Planning for Healthy Aging
- Living Arrangements Checklist for Elderly Patients

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 18 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 18 continuing education credits.

Nurses: The *Professional Education Society* is approved by the California Board of Registered Nursing, Provider Number CEP 5428, for up to 18 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.