

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

Splendors of Egypt & the Nile on Uniworld

4-Nights Cairo and 7-Night Nile River Cruise on S.S. Sphinx

October 31 – November 11, 2020

Adventure-Filled Cruise & Land Tour Experiencing Egypt's Most Wondrous Sites in Style & Luxury



Uncover Egypt's ancient secrets with PES on this bucket list adventure! Visit iconic landmarks, temples, and monuments and cruise the Nile in a manner once reserved for pharaohs on the brand new S.S. Sphinx

Cruise & Tour Itinerary Highlights:

- Gaze upon the mighty ancient **Pyramids** and the mysterious **Sphinx**
- Wander amongst the towering ruins of the **Temple of Karnak**, the world's largest ancient religious complex, and the **Temple of Luxor**
- Visit the **Temple of Queen Hatshepsut**, Egypt's first female ruler
- Follow in the footsteps of renowned scholars and explorers at **Valley of the Kings**, the ancient burial grounds of Egyptian royalty
- Enjoy an exhilarating ride in a felucca, a traditional **Nile River sailboat**
- Visit the **Egyptian Museum** and its unrivaled collection of artifacts, including treasures recovered from the tomb of King Tutankhamun
- Join a **bird watching boat ride** and enjoy **tea with a Nubian family**

All-Inclusive Cruise & Tour Package:

- Daily shore excursions led by English-speaking expert local guides
- All meals onboard in three gourmet dining venues, including al fresco dining on the upper deck, and daily breakfast during land portion in Cairo, plus a Uniworld Gala Reception on the ship
- Complimentary house wine, local beer, soft drinks, tea, and coffee during lunch and dinner onboard the S.S. Sphinx
- All gratuities for ship staff, drivers, and shore excursion guides
- Included transfers to and from the Cairo International Airport
- Complimentary shipwide Internet and Wi-Fi access
- \$100 shipboard credit per person



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

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



Sleep Medicine, Dentistry & Effective Planning for Healthy Aging

This Seminar is planned for up to 14 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

- Healthcare System in Egypt: Medicine & Dentistry
- Introduction to the Basics of Sleep Physiology
- Sleep Apnea – Overview and Diagnosis
- Review of Oral appliances for treatment of Sleep Disordered Breathing
- Evidence Based Review of Longevity Strategies
- Overview of Planning Considerations for Health and Aging



UNIWORLD
BOUTIQUE RIVER CRUISE COLLECTION®

S.S. Sphinx – 84 Guests Brand New Luxury Boutique River Ship

The S.S. Sphinx will make her debut on the Nile river in 2020. As the only luxury river cruise ship in Egypt, S.S. Sphinx will offer three gourmet dining venues, including a private dining room and an al fresco dining experience on the upper deck, a swimming pool, massage room and 42 gorgeously appointed suites. Egyptian artwork, fabrics and hand-carved furnishings will bring the beauty of the region to life onboard.

Optional Pre- and Post-Tour Packages: 5-Night Jordan and Petra Pre-Tour

October 26 – 31, 2020



Arrive early to visit the ancient wonder of Petra, plus the Dead Sea, Wadi Rum & Aqaba! Package includes 5 nights accommodation, 4 days of excursions, daily breakfast, 4 lunches, 1 dinner, transfers, transportation, flight from Amman to Cairo, gratuities, taxes, portage, and the assistance of a Uniworld Tour Manager.

Pre-Tour Package Price:

Double Occupancy: \$2,199 per person

Single Supplement: \$699

Deposit: 10% of total package

4-Night Jerusalem Post-Tour

November 11 – 15, 2020



Extend your trip in Jerusalem and explore historic and religious sites in the city sacred to Jews, Muslims, and Christians. Package includes 4 nights at the Orient Jerusalem Hotel, Israel (or similar), daily breakfast, 3 days of excursions with over 15+ sites, services of a local host/guide, all transfers, transportation and intra flights, and all service charges, taxes, and portage.
More details coming soon!

An enchanting land of marvels, myths, & wonders old and new, Egypt is an extraordinary destination no culturally curious traveler will want to miss!

Date	Day	Location	Included Excursions
Oct 31	Sat	Cairo - Four Seasons Hotel	Transfer from Cairo International Airport or from optional Amman and Petra Pre-Tour to hotel
Nov 1	Sun	Cairo - Four Seasons Hotel	Citadel of Salah al-Din, Alabaster Mosque and Egyptian Museum
Nov 2	Mon	Fly to Luxor, Embark S.S. Sphinx, Dendera	Temple at Karnak
Nov 3	Tue	Dendera, Luxor	Temple of Hathor & Temple of Luxor
Nov 4	Wed	Luxor, Kom Ombo	Colossi of Memnon, Hatshepsut Temple and Valley of the Kings
Nov 5	Thu	Kom Ombo, Aswan	Kom Ombo Temple & Bird watching boat ride and tea with a Nubian family
Nov 6	Fri	Aswan	Aswan High Dam, Unfinished Obelisk and Philae Temple & Boat ride in traditional Nile River felucca and afternoon tea at the Old Cataract Hotel Aswan
Nov 7	Sat	Aswan, Kom Ombo, Edfu	Day at Leisure or Optional Temples of Abu Simbel (\$)
Nov 8	Sun	Esna, Luxor	Temple of Esna
Nov 9	Mon	Luxor, Disembark S.S. Sphinx, Fly to Cairo - Four Seasons Hotel	Sound and Light Show at the Pyramids of Giza
Nov 10	Tue	Cairo - Four Seasons Hotel	Ancient Memphis sites, including the Pyramids of Giza, the Great Sphinx and Sakkara visit
Nov 11	Wed	Cairo	Transfer to Cairo International Airport or join the optional Jerusalem Post-Tour

PES Stateroom Rates*

PES Group Discount of \$300 per person!
Plus, \$100 Shipboard Credit per person!

Category	Brochure Rate Double Per Person	PES Group Rate Double Per Person	PES Group Rate Single Price
French Balcony Staterooms			
French Balcony Decks 2, 4 <i>waitlisted</i>	\$4,699	\$4,399	\$6,749
Deluxe French Balcony Deck 4 <i>waitlisted</i>	\$5,199	\$4,899	\$7,499
Balcony Suites			
Suite Deck 4 <i>waitlisted</i>	\$5,699	\$5,399	\$11,099
Grand Suite Decks 3, 4	\$6,699	\$6,399	\$13,099
Royal Suite Decks 3, 4 <i>waitlisted</i>	\$7,199	\$6,899	\$14,099
CME/CE Professional Seminar Fee:	\$695		
Seminar Attendance Fee:	\$450		

Early Booking Savings! Save 10% when you pay in full at the time of booking. Offer ends June 30, 2019

*Rates INCLUDE port taxes, gratuities, and \$100 shipboard credit per person.

Double pricing is per person based on double occupancy or two people per stateroom.

Single pricing is based on single occupancy or one person per stateroom and is capacity controlled by Uniworld and subject to change.

Required Deposit:

Cruise & Land: 10% of total package

Seminar: \$200 per person

Final Payment Due: June 26, 2020



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

SLEEP MEDICINE, DENTISTRY & 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. 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, however, dentists, psychologists and respiratory therapists 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:

- Healthcare System in Egypt: Medicine & Dentistry
- Introduction to the Basics of Sleep Physiology
- Sleep Apnea – Overview and Diagnosis
- Review of Oral appliances for treatment of Sleep Disordered Breathing
- Evidence Based Review of Longevity Strategies
- Overview of Planning Considerations for Health and Aging

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 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. By design, this program permits medical experts to collaborate with colleagues and international counterparts to realize cross cultural view points and updates within the treatment and prevention of disease and offers opportunities to compare and contrast current best practices to supply quality patient care and outcomes in their own professional setting.

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.