

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

# Yacht the Harbors of the Rivas

## Rome to Barcelona on Windstar Wind Surf

### October 22 – 29, 2019

Portoferraio | Portofino | Monte Carlo | Cannes | Sanary-sur-Mer | Roses



Join PES and discover the sparkling cities and charming villages of the Italian, French, and Spanish Rivas for 7 nights aboard the 310-guest flagship sailing yacht Wind Surf!

#### Cruise Itinerary Highlights:

- Explore **Portoferraio**, a historic Tuscan village on Elba Island
- In **Portofino**, hike to Santa Margherita, shop in elegant boutiques, or visit the UNESCO World Heritage Site of Cinque Terre
- In glamorous **Monte Carlo**, located on the Côte d'Azur, see the Royal Palace and Grand Casino, or take an excursion to Nice
- Visit **Cannes** designer shops and sun-drenched beaches, or travel to a Provençal vineyard or the medieval village St. Paul de Vence
- **Sanary-sur-Mer**, the sunniest city on the French Riviera, is a fishing town home to a beautiful coastline and quiet pedestrian streets
- **Roses**, on Costa Brava, is a lively town known for its splendid beaches

#### Your Windstar Voyage Includes:

- Open-seating dining in a choice of four restaurants featuring specialty dining under the stars and 24-hour room service
- Non-alcoholic drinks including specialty coffees, soft drinks & juices
- Optional "All-In Package" for all-inclusive gratuities, laundry service, Wi-Fi & beverages including wine, beer, premium spirits, mini-bar items
- Relaxed and casual onboard ambiance and ample leisure areas including WindSpa, lounge, library, pool, pool bar, and hot tubs
- Windstar's signature barbecue with live music and entertainment, watersports platform, cooking demonstrations & entertainment
- \$100 shipboard credit per person (spa, shop, shore excursions)



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

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



Exploring Medicine, Dentistry & the Mediterranean Healthcare Model

This Seminar is Planned for up to 12 Continuing Education Credit Hours



Cannes, France



## Seminar Topics

- Healthcare Systems Overview
- Dental Healthcare Updates: Delivery & Treatment
- Evaluating the Impact of Diet and Lifestyle on Disease
- Top Medical Issues: Confronting Healthcare Needs
- Medical/Dental Focus on Preventative Care
- Updates in Travel Medicine & Medicine at Sea

*Discover the mystique and magic of the Rivas by yacht, framed by the vibrant cities of Rome and Barcelona*



### Wind Surf—Windstar's Flagship Sailing Yacht

All ocean-view cabins feature a large picture window, queen-size bed or two twin beds, vanity desk, efficient closet space, minibar, safe, flat-screen TV, bathroom with shower and granite countertop, L'Occitane toiletries, hair dryer, bathrobe, and slippers.



Wind Surf Cabin

### All-In Package: \$623 per person

Windstar offers an All-In Package if you prefer to have an all-inclusive experience onboard. Purchasing this package would add **gratuities, unlimited Wi-Fi internet, complimentary laundry services, and the Captain's Beverage package** which includes all domestic and imported beer and 33 varieties of wine or sparkling wine by the glass plus cordials, liqueurs, aperitifs, cocktails and mini bar items.

Date	Day	Optional 3-Night Treasures of Rome Pre-Cruise		
Oct 19-22	Sat-Tue	3 nights at the 5-star Grand Hotel Via Veneto – <i>More details below!</i>		
Date	Day	7-Night Cruise Itinerary	Arrive	Depart
Oct 22	Tue	Rome, Italy	Embark	5:00 pm
Oct 23	Wed	Portoferraio, Italy	8:00 am	6:00 pm
Oct 24	Thu	Portofino, Italy	8:00 am	10:00 pm
Oct 25	Fri	Monte Carlo, Monaco	8:00 am	11:59 pm
Oct 26	Sat	Cannes, France	7:00 am	10:00 pm
Oct 27	Sun	Sanary-sur-Mer, France	8:00 am	6:00 pm
Oct 28	Mon	Roses, Spain	8:00 am	8:00 pm
Oct 29	Tue	Barcelona, Spain	7:00 am	Disembark
Date	Day	Optional 2-Night Barcelona Post-Cruise		
Oct 29-31	Tue-Thu	2 nights at the 5-star Hotel Claris and Spa – <i>More details below!</i>		

## PES Stateroom Rates

**PES \$100 shipboard credit per person!**

Category	Brochure Double Per Person	PES Savings Double Per Person	PES Savings Single Price
<b>Standard and Deluxe Cabins   188 sq. ft.</b>			
B   Deck 1, Forward/Aft <i>waitlisted</i>	\$2,699	\$2,460	\$4,305
BX Deluxe   Deck 1, Midship <i>waitlisted</i>	\$2,899	\$2,640	\$4,620
A   Deck 2, Forward/Aft <i>waitlisted</i>	\$2,999	\$2,730	\$4,778
AX Deluxe   Deck 2, Midship <i>waitlisted</i>	\$3,199	\$2,910	\$5,093
TX Deluxe   Deck 3, Forward/Aft or Midship <i>waitlisted</i>	\$3,499	\$3,180	\$5,565
<b>Suite</b>			
Suite   Deck 3, Forward/Aft   376 sq. ft. <i>waitlisted</i>	\$4,699	\$4,260	\$8,520

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

Seminar Attendance Fee: **\$450**

**Rates do not include port taxes of \$165 per person.**

**Double per person** rates are based on two people per cabin.

**Single pricing** is based on one person per cabin and is subject to change.

**Required Deposit:**

**Cruise:** 15% of the total package    **Seminar:** \$200 per person

**Final Payment Due:** July 17, 2019



## Optional Pre- & Post-Cruise Packages

**3-Night Treasures of Rome Pre-Cruise | October 19–22, 2019**



Arrive early to enjoy ancient ruins, museums, homemade pasta, and red wine. Tour package includes visits to the Colosseum, Roman Forum, Vatican City, Sistine Chapel, and St Peter's Basilica, plus 5-star accommodations, daily breakfast, and transfers.

**Price:** \$1,831 per person, based on double occupancy, \$2,465 single rate  
**Deposit:** \$500 per person.

**2-Night Barcelona Post-Cruise | October 29–31, 2019**



Extend your trip in the cosmopolitan, seaside city of Barcelona, brimming with art, culture, and breathtaking architecture. Sightseeing visits include Montserrat Monastery, Antoni Gaudí's Sagrada Família Basilica and Park Güell, and an evening Flamenco Show. Package includes 5-star accommodations, daily breakfast, and transfers.

**Price:** \$987 per person, based on double occupancy, \$1,513 single rate  
**Deposit:** \$500 per person.

**The Professional Education Society invites you to join our CME/CE Lecture Seminar  
for Medical, Dental, Nursing and Allied Healthcare Professionals**  
**EXPLORING MEDICINE, DENTISTRY & THE MEDITERRANEAN HEALTHCARE MODEL**

**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 increasing incidence of chronic illness with a focus on obesity related diabetes and cardiovascular disease. Educating populations on the impact of diet and lifestyle on chronic disease and overall health has become a key area in addressing these global public health concerns.

The Mediterranean is known for the generally good health of its population, in part due to embracing traditional healthy lifestyles and a cuisine that provides health benefits derived from following a Mediterranean diet model. However, like many developed countries, they are challenged with implementing new healthcare reforms within the context of increasing budgetary restrictions and the healthcare demands of a growing aging population if they wish to maintain current healthcare standards.

Now, more than ever, it is important for healthcare professionals to collaborate with colleagues and global counterparts to gain cross-cultural perspectives and updates in the treatment and prevention of disease. By design, this program offers opportunities for professionals to compare and contrast current best practices to provide quality patient care and outcomes in their own professional setting.

**Planned in Country Healthcare Topics Include:**

- Healthcare Systems Overview
- Dental Healthcare Updates: Delivery & Treatment
- Evaluating the Impact of Diet and Lifestyle on Disease
- Top Medical Issues: Confronting Healthcare Needs
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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 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 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 a minimum of 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. 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.