

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

Splendors of Southern Europe Cruise

Lisbon to Malta on Regent Seven Seas Navigator

September 28 – October 10, 2023

10-Night All-Inclusive Luxury Cruise Exploring Coastal Portugal, Spain, Italy, and Malta



Sail the Mediterranean in style with PES on the “World’s Most Luxurious Fleet,”
Regent Seven Seas, with every luxury included aboard the 482-guest Seven Seas Navigator!

Cruise Itinerary Highlights:

- Discover **Portimão’s** impressive coastal cliffs and nearby villages, or travel to the ancient city of Silves, the former Moorish capital
- Admire **Seville’s** historic center and colossal Gothic cathedral, or delight in **Andalusia’s** charming whitewashed villages
- **Granada** boasts the Alhambra palace and the city’s old Arab Quarter
- Bask on the white-sand beaches of **Alicante** in Costa Blanca
- Visit the old quarter and market in **Mahón** on the isle of **Menorca**
- Immerse yourself in **Rome’s** historical and architectural treasures
- **Salerno** is your gateway to **Positano**, **Sorrento**, and **Pompeii**
- See ancient ruins and warm beaches on the Aeolian Island of **Lipari**

All Inclusive Cruise Package:

- **Roundtrip business class air** on all intercontinental flights from select gateways with free transfers between airport and ship
- **One-night Regent pre- and post-cruise hotel packages for Concierge Suites and higher**
- Multiple award-winning **shore excursions** in every port
- Exquisite cuisine with open-seating, **free specialty restaurants**, and 24-hour room service
- **All beverages** including fine wines, beer, premium spirits, specialty coffees, and bottled water, plus an in-suite mini-bar
- Pre-paid gratuities, **free valet laundry service**, and unlimited Wi-Fi
- **\$1,300 shipboard credit per couple**



P E S
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CME/CE CRUISE & TRAVEL SEMINARS

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www.PESTravel.com



Exploring Medicine, Dentistry & the Mediterranean Healthcare Model

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

Rome, Italy

Seminar Topics

- Mediterranean Healthcare System Overview
- Summary of Oral Health in the Mediterranean
- Dental Healthcare Updates: Delivery & Treatment
- Evaluating the Impact of Diet and Lifestyle on Disease
- Top Medical/Disease Issues: Challenges & Conquests
- Updates in Travel Medicine & Medicine at Sea



Regent
SEVEN SEAS CRUISES

Seven Seas Navigator
482-Guest Luxury Ship

Featuring elegantly designed suites, gourmet cuisine, and a host of onboard entertainment options, this spacious ship will offer you a truly luxurious cruising experience.

From free business class air and transfers and unlimited shore excursions in every port to specialty dining with premium beverages and pre-paid gratuities, Regent Seven Seas Cruises takes care of every detail to make your experience truly memorable.



Concierge Suite



Compass Rose Restaurant

Date	Day	Port	Arrive	Depart
Sep 28	Thu	Free 1-Night Pre-Cruise Hotel Package in Lisbon, Portugal*		
Sep 29	Fri	Lisbon, Portugal	Embark	7:00 pm
Sep 30	Sat	Portimão, Portugal	9:00 am	6:00 pm
Oct 1	Sun	Seville (Cádiz), Spain	7:00 am	7:00 pm
Oct 2	Mon	Granada (Motril), Spain	8:00 am	7:00 pm
Oct 3	Tue	Alicante, Spain	9:00 am	7:00 pm
Oct 4	Wed	Mahón (Menorca), Spain	10:00 am	8:00 pm
Oct 5	Thu	Cruising the Mediterranean Sea		
Oct 6	Fri	Rome (Civitavecchia), Italy	7:00 am	8:00 pm
Oct 7	Sat	Salerno, Italy	9:00 am	7:00 pm
Oct 8	Sun	Lipari, Italy	8:00 am	5:00 pm
Oct 9	Mon	Valletta, Malta	Disembark	
Oct 10	Tue	Free 1-Night Post-Cruise Hotel Package in Valleta, Malta*		

*Free 1-Night Pre & Post-Package when booked in a Concierge Suite & higher

PES Suite Rates

\$1,300 shipboard credit per couple!

Category	Double Per Person	
	Cruise & Air	Cruise Only
Deluxe Window Suites Suite: 301 sq. ft.		
H Deck 5	\$9,299	\$6,899
G Deck 5 & 6	\$9,799	\$7,399
Deluxe Veranda Suites Suite: 301 sq. ft. Balcony: 55 sq. ft.		
F Deck 8 & 9	\$10,999	\$8,599
E Deck 6, 7, 8 & 9	\$11,449	\$9,049
Concierge Suites Suite: 301 sq. ft. Balcony: 55 sq. ft.		
D Deck 7 & 8	\$12,199	\$9,799
Penthouse Suites Suite: 301 sq. ft. Balcony: 55 sq. ft.		
C Deck 9 waitlisted	\$12,999	\$10,599
B Deck 9 & 10	\$13,549	\$11,149
A Deck 6, 10 & 11	\$14,099	\$11,699
Premium Suites		
NS Navigator Suite Deck 9 & 10 495 sq. ft.	\$18,899	\$16,499
GS Grand Suite Deck 7 & 8 583-839 sq. ft. waitlisted	\$21,799	\$19,399
MS Master Suite Deck 9 & 10 957-1,237 sq. ft.	\$24,699	\$22,299

CME/CE Professional Seminar Fee: \$695

Seminar Attendance Fee: \$450

Rates include port taxes of \$254 per person.

Cruise & Air Rates include domestic air from select gateways, roundtrip business class air on intercontinental flights, and ground transfers between airport and ship.

Cruise Only Rates include a \$2,400 business class air price reduction per person. Ground transfers are not included.

Concierge Suites & higher include one-night Regent pre-cruise and post-cruise hotel packages or receive a \$150 per person hotel credit per night.

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

Single Occupancy: Please inquire for single prices

Final Payment: June 1, 2023



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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 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:

- Mediterranean Healthcare System Overview
- Summary of Oral Health in the Mediterranean
- Dental Healthcare Updates: Delivery & Treatment
- Evaluating the Impact of Diet and Lifestyle on Disease
- Top Medical/Disease Issues: Challenges & Conquests
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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.