

# 7 night Western Caribbean CME cruise August 13 - 20, 2017

Miami, FL Roundtrip onboard the *Celebrity Equinox*  
Family Medicine, Vaccines and Geriatrics



*Featuring speakers:  
Dr. Vivien Brown,  
Mr. Shelley Brown &  
Dr. Greg Thomson*

Celebrity **X** Cruises®

Celebrity  
Equinox<sup>SM</sup>

**FEATURING  
SUMMER CAMP  
AT SEA**

Companion  
cruises  
FREE

**CME**  
**away**<sup>TM</sup>  
by Sea Courses  
**CRUISE**

## August 13-20, 2017 Western Caribbean CME Cruise Family Medicine, Vaccines and Geriatrics

**Western Caribbean Cruises** : are an especially good fit for those travelers who want to experience the history and culture with the natural beauty of this region. Plus the added convenience of packing & unpacking only once. Sunshine, history, and all the water sports you can dream of await you in some of the most coveted waters of the world!

date	port	arrive	depart	meeting / event
<b>Sun Aug 13</b>	<b>Miami, Florida</b>		4:00 pm	Embark
Aug 14	Key West, Florida	7:00 am	5:00 pm	
Aug 15	At Sea			During the Day
Aug 16	Costa Maya, Mexico	8:00 am	5:00 pm	
Aug 17	Cozumel, Mexico	7:00 am	4:30 pm	Afternoon
Aug 18	George Town, Grand Cayman	10:30 am	6:00 pm	Morning
Aug 19	At Sea			During the Day
<b>Sun Aug 20</b>	<b>Miami, Florida</b>	7:00 am		Disembark



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## 7 Night Western Caribbean Cruise

**Miami, Florida** | Known as the “Magic City” the City of Miami is located in Southeast Florida, in Miami-Dade County on the Miami River, between the Florida Everglades and the Atlantic Ocean. Miami is one of the state’s – and the world’s – most popular vacation spots. Though destinations often are said to offer something for everyone, the Miami area offers multiple enticements for everyone: The trendy nightlife of South Beach, bejeweled by the eye candy of the Art Deco district. The bustle of Calle Ocho and the highly caffeinated energy of Little Havana. The plush hotels of Miami Beach and the historic hideaways of Coral Gables. Seemingly endless shopping opportunities in modern, sprawling malls and the quiet, personal attention offered by the family-owned shops of Coconut Grove and many other corners of the region. The lures of deep-sea fishing, golf and tennis. Major league football, basketball, hockey and baseball are all very popular here. Boat shows and auto racing are among the norm for locals. Art festivals and outdoor food and wine extravaganzas are a weekly occurrence and a great way to really step into a local’s shoes for a day. An international airport and the world’s busiest cruise port. The Miami area offers all of this – and so much more. Average temperatures in August range from a high of 88 degrees to a low of 76 Fahrenheit. The most notable beaches are South Beach, North Shore, Miami Beach, and Surfside Beach.

**Key West, Florida** | The Keys, like any frontier, have always been defined by two ‘E’s’: edge and eccentric. When it came to the far frontier, the very edge, the last outpost of America – out here, only the most eccentric would dare to venture, and thus, Key West: the most beautifully strange (or is it strangely beautiful?) island in the US. There’s no middle separating the high and low brow, that’s for sure. There are literary festivals, Caribbean villas, tropical noir and expensive art galleries.

There are Key West attractions for everyone starting right when you disembark onto the docks near Mallory Square, a bustling waterfront that attracts artists, entertainers, and sunset watchers. Some of the most popular activities on the water include dolphin encounters, kayaking the backcountry, saltwater sport fishing, diving and snorkeling at Ft. Jefferson and the Dry Tortugas, or renting a boat at Key West marina to explore on your own. On land, shopping, museums, art galleries, tours, theaters, and more await you. Alternatively, you can just relax in the sand at one of Key West’s famous beaches or take a stroll down Duval Street with a cold drink in your hand while you listen to a local band. At last count there were over 240 eating and drinking establishments on this 2-by-4 mile island. So, one thing you can bank on while in Key West is loads of fresh local seafood! For dessert make sure you try some Key lime pie!



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**Costa Maya, Mexico** | The Southern Caribbean Coast, or the Costa Maya as most call it, is the latest region to be hit by the development boom. Here one can explore all the shiny new development and modern amenities. However, if you are looking for a quiet escape on the Mexican Caribbean, it's still the best place to be. Stretching about 100km south of Sian Ka'an biosphere reserve down to the small town of Xcalak, you'll find many surprises along the way, such as the mesmerizing Laguna Bacalar, aka the 'lake of seven colors.' East of Bacalar, the tranquil fishing towns of Mahahual and Xcalak offer great beach-bumming, bird-watching and diving opportunities – residents in both spots put a premium on sustainable development, and it is evident.

In the interior, the seldom-visited ruins of Dzibanché and Kohunlich seem all the more mysterious without the hoards of tour vans. For both the ruins and trips down south to Belize, Quintana Roo's state capital Chetumal is a great jumping-off point.

**Cozumel, Mexico** | As far back as 2,000 years ago, when the Mayan civilization first discovered and settled the island of Cozumel, this quiet patch of land about 19km off the eastern shoreline of Mexico's Yucatan Peninsula existed as a place of rest and rejuvenation and still does today. Cozumel is most famous for its spectacular diving in the clear turquoise waters on the southwestern part of the island that are home to the second-largest reef system in the world. This places Cozumel on the map as one of the top 5 dive destinations on the planet. While diving and snorkeling are the main draws, the town square is a pleasant place to spend the afternoon, and it's highly gratifying to explore the less-visited parts of the island on a rented scooter or convertible bug. The coastal road leads to small Maya ruins, a marine park and captivating scenery along the unforgettable windswept shore. The majority of the island's population live in the town of San Miguel which is on the western shore. The people of Cozumel have pride, a strong sense of culture, and they have that special Caribbean spice both in personality and cuisine!

**George Town, Grand Cayman** | George Town is the supremely wealthy but surprisingly modest capital of the Cayman Islands. While no doubt cosmopolitan, it's tiny, tidy and easy to walk around.

North of the harbour and town center is Seven Mile Beach, a gorgeous stretch of unbroken pristine white sand where Grand Cayman's tourist industry is concentrated. Most of Grand Cayman's hotels, restaurants and shopping complexes line the island's busiest thoroughfare, West Bay Rd, which travels alongside Seven Mile Beach.



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**Inside Stateroom >**

Staterooms with ample living space, including a sitting area and a flat screen TV.

**< Ocean View Stateroom**

Window staterooms with a sitting area where you can kick back and relax after a day that has been as busy or easy as you want.

**Veranda Stateroom >**

Spacious staterooms located throughout the ship—each with its own private veranda.

**< Family Veranda Stateroom**

By far the largest stateroom with a veranda—plenty of room for you and the family.

**Concierge Class >**

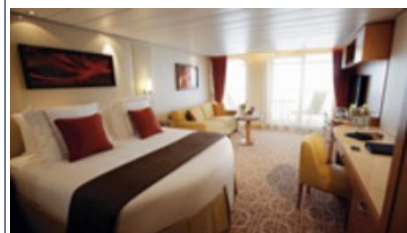
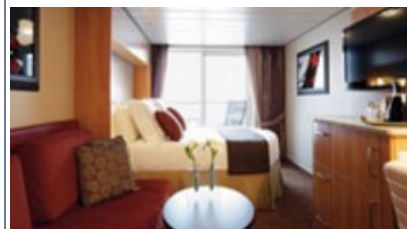
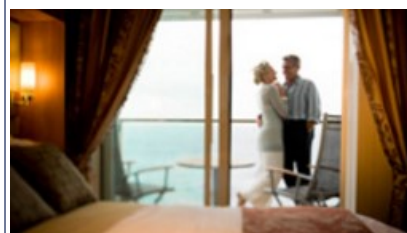
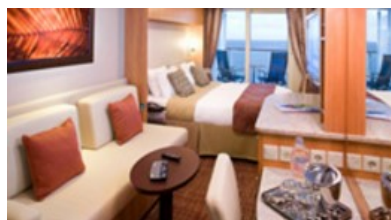
Spacious accommodations complete with special privileges like priority check-in, personalized Concierge service, priority seating time preferences in the main dining room... [and more!](#)

**< AquaClass**

The AquaClass® staterooms offer a tranquil retreat and provide unlimited access to many of the Canyon Ranch SpaClub amenities [and more!](#)

**Sky Suite >**

When you stay in a Sky Suite, you'll enjoy the luxury of European-style butler service. This includes assistance with unpacking and packing, in-suite lunch and dinner service, afternoon tea, evening hors d'oeuvres [and more!](#)



Celebrity  
**Equinox**<sup>SM</sup>



Modern  
**LuXury**

**Additional Noteworthy Features ...**

**AquaClass**—These veranda staterooms offer spa elements infused into the stateroom experience and priority seating in the chic AquaClass restaurant, Blu. These spa-inspired staterooms, offer unlimited access to the AquaSpa® Persian Garden as well as a host of other soothing extras. If you love the spa, there's no finer way to travel.

**Suites**—Our spacious suites transform your vacation into a completely indulgent experience. Book this type of stateroom and enjoy special privileges plus an extensive list of amenities including European-style butler service (except Celebrity Xpedition).

To find out more about stateroom categories and their additional features [click here!](#)

# Summer Camp at Sea!

Celebrity  
**Equinox**<sup>SM</sup>

## OUR FIRST SUMMER CAMP AT SEA!

Embark on the perfect family vacation—where young minds are inspired by enriching activities instead of pacified with mindless distraction. We'll introduce the kids (and you!) to the history, culture, and flavors of some of the most exciting islands in the Caribbean with Celebrity Shore Excursions geared specifically toward family fun. On board, we have a roster full of activities that will excite, inspire, entertain, and engage kids and families alike throughout your entire vacation.

### SUMMER CAMP AT SEA ACTIVITIES INCLUDE:



**EXPLORER ACADEMY**—Driven by Anturus, “the education adventure people,” our Explorer Academy engages kids (and kids at heart) by making the connecting links between science and everyday life more visible—and fun!



**CREATION STATION**—Tapping into the creative genius of our artists (ages 3 to 11) is as much fun for us as it is for them. At stations that utilize different materials to provide unique, tactile artistic environments, kids create to their hearts' content. Through our new partnership with Budsies®, kids can have their one-of-a-kind creations turned into incredible stuffed keepsakes.

### HELLO FUTURE WORLD LEADERS!



**RECREATION NATION**—Teamwork. Coordination. Fun. They all add up to success in these activities that bring kids and families together. From our organized Xbox play (we feature one of the most expansive Xbox® experiences at sea) to organized sports competitions and family scavenger hunts, we've got what it takes to bring out the best sports in our young competitors. Though it may sound strange to older guests, our Silent Disco (every dancer wears a pair of headphones and dances to their own beat—literally) is one of the most uniquely engaging experiences at sea.



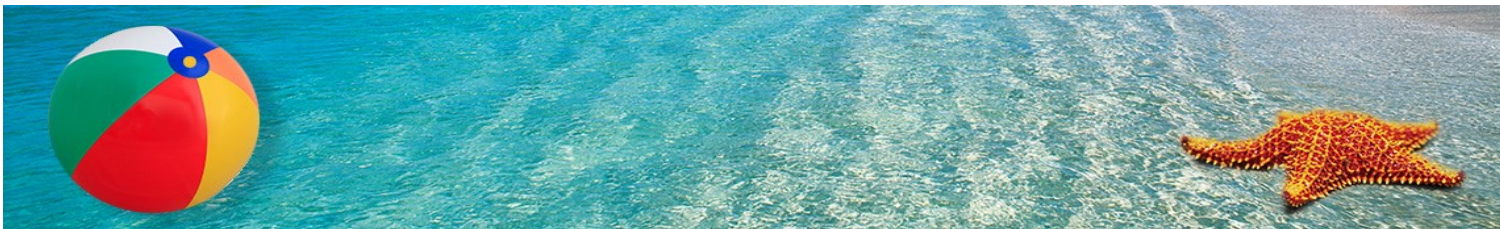
**COOKING@SEA**—Stirring up kids' inner chefs is our goal with Cooking@Sea. Kids step up to the counter to learn how to make fresh pasta, roll sushi, and decorate cupcakes. Fun has never been so delicious!



**iTAKE**—Geared toward the up-and-coming directors, iTake is the coolest video project at sea. Armed with GoPro® Hero 3 cameras, kids explore on board to film the video they planned out in their storyboard session. Then they'll learn how to edit their videos in our cyber chic Celebrity iLounge®. That's a wrap!



**LONELY PLANET FOR KIDS**—Teaching kids about world geography has never been more engaging. Our "You Rule!" program has kids creating their own countries—complete with designing a flag, the topography of their country, their own currency, main sources of income, and more.



For more information:  
**Sea Courses Cruises**  
toll free: 1 888 647 7327  
cruises@seacourses.com  
www.seacourses.com

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***The Sea Courses Commitment***

**Sea Courses is committed to providing the best CME AWAY™ experience. You will quickly realize the value of combining your continuing medical education with a cruise.**

**TRAVEL WITH EXPERIENCE.** Sea Courses has provided over 300 CME cruise conferences since our inception in 1995.

**DREAMS COME TRUE.** Memories are created. Our hallmark of distinction is to provide an experience where freed from the pace of everyday living, physicians are able to embrace learning with renewed enthusiasm. We do this by bringing a team of very knowledgeable travel consultants, while selecting world-renowned faculty who share innovative and cutting edge CME. We only partner with cruise lines committed to offering excellent service and value and that sail to destinations that allow you to discover the world.

**PHARMA FREE CME.** Sea Courses is proud to provide continuing medical education free from pharmaceutical industry sponsorship. Our CME team feels strongly about the benefit of developing bias-free educational events where faculty can share their knowledge and expertise without any potential conflict of interest.

**SOCIALLY CONSCIOUS CME.** Humanitarian aid has always been a focus at Sea Courses. As health care providers, we witness the immense need for healing and medical services throughout the world. Also we recognize the opportunity to bring financial and medical aid to those in need. On select sailings, we also arrange visits and support of international medical projects such as Haiti Village Health, Bali Kids, Battamarang Vision clinic, and the Angkor Children's Hospital.

**Thank you for your interest in this conference. Our team is committed to making your CME cruise experience one you'll want to repeat again and again.**



Dr. John Axler, MD CCFP FCFP  
Co-Director of CME



Dr. Martin Gerretsen MD  
Founder & Advisor of CME



Dr. Sol Stern B.Sc. M.Sc. MD MCFP  
Co-Director of CME

**Explore**

- Currently adding new destinations for 2018 & 2019
- Topics beyond traditional CME
- Exclusive Destination Discovery Tours

**Learn**

- Accredited for FP's and specialists
- Practical CME filled with PEARLS

**Connect**

- Networking
- Chat Room to meet peers
- Time to be with family & friends



# August 13-20, 2017

## Western Caribbean CME Cruise

### Family Medicine, Vaccines and Geriatrics

**Overall program objectives:** This course is designed for Family Physicians, Specialists, and Allied Health Care professionals. The aim is to provide evidence-based material as well as practical and relevant clinical pearls that will be easy to implement into one's medical practice. Conference attendees will be invited to complete a pre-course Needs assessment to facilitate the faculty with the development of their presentations.

## Topics

### Mr. Shelley Brown

- Employment Contracts

### Dr. Vivien Brown

- Herpes Zoster
- HPV
- Pneumonia
- Integrating travel medicine into routine family practice
- Update in Women's Health/HRT

### Dr. Greg Thomson

- Dementia
- Delirium
- Depression
- Gerontology

## Faculty

### Mr. Shelley Brown LBB

Shelley Brian Brown is an employment lawyer, specializing in employment law and employment related human rights law at Steinberg Title Hope & Israel LLP in Toronto. Prior to joining Steinberg Title he was legal counsel at the Prudential Insurance Company of America in Canada. He then became its Director of Human Resources and ultimately, Ethics Officer (Canadian Operations). In addition to numerous speaking engagements sponsored by the Law Society of Upper Canada. Shelley has spoken in Turkey to Canadian physicians/entrepreneurs as well as to classes at the University of Western Ontario and the Wharton School of Business in Philadelphia (Ethics in the Canadian Context). He also provides comment in the media on Weed in the Workplace for publications including The Globe and Mail, Canada's national newspaper and Canadian HR Reporter, the voice of Canadian HR Professionals, related to Marijuana and the Workplace. Shelley has two law degrees from McGill. He also holds a Master's Degree in Labor and Employment Law from York University Osgoode Hall Law School.

### Dr. Vivien Brown

Department of Family & Community Medicine at the University of Toronto, holding the rank of Assistant Professor. She is the current President of the Federation of Medical Women of Canada, linking female physicians, students and residents throughout the country and serves on McGill's Medical School Advisory Board as well as on the board of the Women's Brain Health Initiative. Most recently, the College of Family Physicians of Ontario has named Dr Brown "Physician of the Year for the Region of Toronto", awarded November 2012. Representing Family Medicine in Canada, she has been on the board of the Canadian Immunization Conference and currently is on the Board of "Immunize Canada", an educational component of Public Health Canada. She is a certified Menopause Practitioner and has served as Consumer Education Chair for the North American Menopause Society. Recently she has been appointed Director of Women's Health for HealthChoicesFirst, helping to create an online educational library for the public.

### Dr. Greg Thomson

Dr. Greg Thomson is a family physician in Oakville Ontario since 1977. He has a specific interest in caring for the elderly especially those with dementia. He is the Medical Program Lead for Rehabilitation and Geriatrics for Halton Healthcare since 1999. Dr. Thomson is also the Medical Director for two Halton Region Long Term Care facilities. He has co-chaired a strategic plan for Halton Region for Senior's Services including social as well as medical services. He has been a member of many Regional and Provincial Committees contributing to the needs of the elderly population. Most recently he lead a hospital committee which developed a Medical Manpower Plan for Oakville Hospital recruiting 41 new specialists. Dr. Thomson has 3 children and one step-daughter, ages 38 to 12, and is happily married to his beautiful and supportive wife, Cathy.

Conference sessions generally take place while the ship is cruising to minimize conflict with time in ports or onboard activities.

In order to provide unbiased education this CME conference has not received any pharmaceutical industry sponsorship.

## CERTIFICATION

This Group Learning Program meets the certification criteria of the College of Family Physicians of Canada and has been certified by the College of Family Physicians of Canada for up to **14.00 MAINPRO+** credits.



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**Questions? Contact us!**

**We are happy to help!**

toll-free **1 888 647 7327**

local **604 684 7327**

E mail **cruises@seacourses.com**

**Click this link to access the registration form**

### Conference Registration

- Only paid registrants may attend CME sessions and receive a certificate
- Tuition is non refundable after May 23, 2017
- Tuition is charged in Canadian dollars
- Cruise and conference must be booked through Sea Courses

CONFERENCE TUITION	\$CAD
FP	\$1095
Specialist	\$1195
Resident, Retired (no CME credits) Registered Nurse, Physician Assistant, Nurse Practitioner, or other.	\$895

**Are you a Sea Courses Frequent Traveler?**  
**Additional Tuition Discount of \$50 if you have**  
**participated in a Sea Courses CME conference in the**  
**last 5 years!**

#### Travel Insurance

Travel Insurance is strongly recommended to protect from:

- Trip and conference **cancellation penalties**
- Emergency **medical expenses**

Room Categories Available		Rates as of July 11, 2017	\$ Canadian dollars	
			Passenger 1	Passenger 2
12 Interior	Sitting area with sofa, LCD TV, vanity.		\$ 1,868	FREE
11 Interior	Sitting area with sofa, LCD TV, vanity.		\$1,928	FREE
10 Interior	Sitting area with sofa, LCD TV, vanity.		SOLD OUT	
9 Interior	Sitting area with sofa, LCD TV, vanity.		SOLD OUT	
8 Oceanview	Floor-ceiling picture window, sitting area with sofa, LCD TV, vanity. Decks 8, 9		\$ 3,078	FREE
7 Oceanview	Floor-ceiling picture window, sitting area with sofa, LCD TV, vanity. Decks 9 - 11		\$ 3,198	FREE
2D Veranda	Floor-ceiling sliding glass door, Sitting area with sofa, LCD TV, vanity.		\$ 3,298	FREE
2C Veranda	Floor-ceiling sliding glass door, Sitting area with sofa, LCD TV, vanity.		\$ 2,470	FREE
2B Veranda	Floor-ceiling sliding glass door, Sitting area with sofa, LCD TV, vanity.		\$ 2,470	FREE
2A Veranda	Floor-ceiling sliding glass door, Sitting area with sofa, LCD TV, vanity.		SOLD OUT	
1C Veranda	Floor-ceiling sliding glass door, Sitting area with sofa, LCD TV, vanity. Deck 8		\$ 2,626	FREE
1B Veranda	Floor-ceiling sliding glass door, Sitting area with sofa, LCD TV, vanity. Deck 8 - 9		\$ 2,626	FREE
1A Veranda	Floor-ceiling sliding glass door, Sitting area with sofa, LCD TV, vanity. Decks 6 - 9		\$ 2,626	FREE
SV Sunset	Floor-ceiling sliding glass door, Sitting area with sofa, LCD TV, vanity. Decks 6 - 8		\$ 2,626	FREE
FV Sunset	Floor-ceiling sliding glass door, Sitting area with sofa, LCD TV, vanity. Decks 7-8 (min 5 guests)		SOLD OUT	
C3 Concierge	Floor-ceiling sliding glass door, Sitting area with sofa, LCD TV, vanity.		\$ 2,470	FREE
C2 Concierge	Floor-ceiling sliding glass door, Sitting area with sofa, LCD TV, vanity. Decks 9 - 12		\$ 2,548	FREE
C1 Concierge	Floor-ceiling sliding glass door, Sitting area with sofa, LCD TV, vanity.		\$ 2,626	FREE
A2 AquaClass	Floor-ceiling sliding glass door, Sitting area with sofa, LCD TV, vanity. Deck 11 (max. 2 people / room)		\$ <b>2,778</b>	FREE
A1 AquaClass	Floor-ceiling sliding glass door, Sitting area with sofa, LCD TV, vanity. Deck 11 (max. 2 people / room)		\$ 2,938	FREE
S2 Sky Suite	Floor-ceiling sliding glass door, living room, mini-fridge, LCD TV, vanity, shower/tub combo. Decks 11 - 12.		SOLD OUT	
S1 Sky Suite	Floor-ceiling sliding glass door, living room, mini-fridge, LCD TV, vanity, shower/tub combo. Decks 6 - 12		SOLD OUT	
CS Celeb Suite	Floor-ceiling sliding glass door, bed room, living room, mini-fridge, LCD TV, vanity, shower/tub combo. Decks 10 - 11		\$ 7,658	
RS Celeb Suite	Floor-ceiling sliding glass door, bed room, living room, mini-fridge, LCD TV, vanity, shower/tub combo. Decks 10 - 11		on request	FREE
Deluxe Suites	Royal Suite and Penthouse Suite. Call for details of these staterooms and suite services		on request	
3 <sup>rd</sup> / 4 <sup>th</sup> person	Interior / Ocean view		on request	
3 <sup>rd</sup> / 4 <sup>th</sup> person	Balcony		\$ 799	
3 <sup>rd</sup> / 4 <sup>th</sup> person	Suite		\$ 1,399	

#### Additional gratuities, port charges, taxes & fees of \$ 299 per person.

1. Cruise sold in Canadian dollars.
2. Stateroom prices valid at time of printing. Subject to change without notice and only guaranteed with payment.
3. Deposit of \$750 per person at time of booking. Final payment is due May 23, 2017
4. \$100 per stateroom cancellation fee applicable before May 23, 2017
5. Cancellations after May 23, 2017 are subject to applicable charges by cruise line.
6. Cruise and conference must be booked through Sea Courses.

#### Air Desk

Let us know if you will be making your own flight arrangements or if you would like us to provide **quotes for flights!**

**Access our easy to use Sea Courses air desk form >> [Here](#)**

**CME**  
**away**™  
by Sea Courses

CRUISES | RESORTS | LAND TOURS

**seacourses.com**

cruises@seasources.com

**1.888.647.7327**