

10 Night Amsterdam & Normandy CME Cruise

June 7—17, 2018 onboard the *Azamara Journey*



*Women's Health, Sexuality and
Dermatology*

*Featuring Speakers: Dr. Richard
Boroditsky, Dr. Alain Brassard &
Dr. Bill Fisher*

EARLY BIRD TUITION

Ends September 29, 2017

**Companion
cruises
FREE**



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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

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



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Topics

- **Gynecology**
 - Details TBA
- **Psychology**
 - Details TBA

Faculty

Dr. Richard Boroditsky— Gynecologist

Richard is a Professor and Section Head of the University of Manitoba Department of Obstetrics, Gynecology and Reproductive Sciences. He is the Medical Director of the Mature Women's Centre, Menopause Clinic and HALT (Hysterectomy Alternatives) Program at the Victoria General Hospital, in Winnipeg. His main interests include the development of ambulatory care surgical programs, advanced gynecologic minimally invasive surgery, family planning, as well as sexual and menopausal health. He has lectured and published extensively on these subjects. He is a member of a large number of medical societies, and has had numerous national posts in the area of reproductive health care and sexuality education. He has been a principal investigator in over 100 clinical trials and investigations of new technology in managing abnormal uterine bleeding and uterine fibroids.

Dr. Bill Fisher—Psychologist

Bill is Distinguished Professor in the Department of Psychology and the Department of Obstetrics and Gynaecology at the University of Western Ontario. He is a psychologist whose work focuses on understanding and promoting sexual and reproductive health in the areas of individual and couple sexual function, contraception, STI/HIV prevention, and the education of health care professionals in these domains. Bill serves on the Expert Working Group of the Canadian STI Guidelines and on the editorial boards of five academic journals and he has published 180 papers concerning sexual and reproductive health. He is a Fellow of the Canadian Academy of Health Sciences and has received the Hellmuth Award for Research and the Pleva Award for Excellence in Teaching, he has held a National Health Scientist award from Health Canada, and his research has been supported by the US National Institutes of Health for the past two decades

Dr. Alain Brassard - Dermatologist

Dr. Brassard is a Dermatologist, graduating from McGill University in 1989. From 1994 until 2001 he was the Founder and Director of the Leg Ulcer Clinic in Sacre-Coeur Hospital in Montreal, which was at the time, the largest in Canada. From 2001 until 2007 he was Assistant Professor of Medicine and Dermatology at McGill University Health Centre, where he was very involved in Resident teaching. From 1989 until 2007, Dr. Brassard maintained a private practice in Montreal and Laval Quebec. In 2007 Dr. Brassard became Professor in the Department of Medicine, Division of Dermatology, University of Alberta. He is currently the Dermatology Examination Past-Chair and Chair of the Specialty Committee for the Royal College of Physician and Surgeons of Canada, Board member of the Canadian HS Foundation, President of the Canadian Rheumatology Dermatology Association and Treasurer of the Canadian Association of Dermatology (CDA). Dr. Brassard has been intimately involved in a number of clinical research projects, grants and fellowships since 1991. He is a published author and co-author of numerous research papers included in peer reviewed Journals. He has been a member of many expert panels and his ability to transfer the knowledge to influence positive patient care is truly exceptional.

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

Conference sessions are scheduled to avoid conflict with tours and excursions as much as possible.

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The sturdy *Azamara Journey* is a mid-sized beauty with a deck plan well suited to the needs of modern voyagers. You'll never feel crowded in the comfortable social spaces of the bars, restaurants, lounges, casino and cabaret. There is extensive space around the pool, where the attentive staff are always ready to offer complimentary bottled water, soft drinks or fresh towels. Staterooms feature modern amenities, furnishings, and European linens and the large number of staterooms with verandas. There's nothing quite like opening your door to the fresh sea air and views. Azamara's friendly ships are an altogether wonderful place to call your home away from home!



DATE	PORT/CITY	ACTIVITY	ARRIVAL	DEPART
THU 7-JUN	Lisbon, Portugal	Embark		5:00 pm
FRI 8-JUN	Leixões (Porto), Portugal	Docked	9:00 am	6:00 pm
SAT 9-JUN	At Sea	Cruising		
SUN 10-JUN	St. Peter Port, Guernsey, Channel Islands	Tendered	1:00 pm	9:00 pm
MON 11-JUN	Cherbourg (D-Day Landing Beaches), France	Docked	7:00 am	9:00 pm
TUE 12-JUN	Honfleur, France	Docked	7:00 am	7:00 pm
WED 13-JUN	Oostende, Belgium	Docked	8:30 am	7:00 pm
THU 14-JUN	Amsterdam, Netherlands	Docked	8:00 am	
FRI 15-JUN	Amsterdam, Netherlands	Docked		6:00 pm
SAT 16-JUN	London (Tower Bridge), England	Docked	1:00 pm	
SUN 17-JUN	London (Tower Bridge), England	Debar		

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Your voyage begins in Lisbon, one of the oldest cities in the world. But your history lesson only begins there. You will sail to the historic beaches and villages of Normandy on this voyage, but there are enchanting places for non-WW2 buffs to explore as well.

In the beautiful harbor city of St. Peter Port in Guernsey, La Vallette Underground Military Museum is as fascinating as it sounds. For a different kind of history, see Hauteville House, where Victor Hugo lived while here. Or walk through the wonderful Candie Gardens. A late stay means time for all.

In Cherbourg, the Musée de la Libération holds uniforms, photographs, maps, flags and excellent views of the sea on the hill above the town. The charming port of Honfleur is next, where you can stroll around the old harbor and visit the incredible wooden Church of Saint-Catherine. Then visit the poignant American Cemetery and Memorial, which overlooks Omaha Beach.

Finally, if your sea legs will allow, bicycle around the canals of Amsterdam where Rembrandt and Van Gogh likely did the same. View the gabled houses by their upside-down reflections in the canals, visit countless museums, festivals, the Anne Frank House, and, of course, the famed Red Light District.

Your voyage concludes with a memorable trip into the city of London, allowing you to make some history of your own as the ship moors just downriver from the famous Tower Bridge.



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Entertainment

While Vacation is a time to explore it is also a time to relax. The Discoveries Lounge is located just outside Azamara's main restaurant and this congenial bar is a favorite gathering place for pre- and post-dinner conversation and drinks. Bar service includes a full selection of fine wines, mixed drinks, and premium spirits. Enjoy live performances of professional full-stage musicals, classical soloists, bands and other forms of entertainment in a cabaret nightclub with a full bar and cozy tables. Each cruise has as many as three distinctly different shows while onboard. Azamara's famous White Night party and buffet, held at least once on every cruise is always rated as one of the guest's highlights. Colorful décor and linen-draped tables, a fabulous buffet feast, and boutique wines on the house make this an event like no other. Dance late into the night as the live band kicks in after dinner. Wearing white is optional, but encouraged. The Casino will keep you entertained with blackjack, roulette, slot machines, and three-card poker games. Group and individual gaming lessons are offered at no charge and a great way to learn gaming strategy! For Sports fan, the Spirits bar adjacent to the Casino features a flat-screen TV and full bar, making it a very pleasant place to keep up with your favorite teams.

Dining

Azamara offers a choice of 5 distinctive dining options, as well as 24-hour room service and a quality café. Whether you're a fan of adventurous cuisine or classic cooking, you'll love the quality reflected in the fresh ingredients, careful preparation, and variety of menu choices. Discoveries Dining, the main restaurant presents elegant yet lively dining with a renewed décor befitting the culinary heart of our ships. Reservations are not required, and you have the choice of being seated at a table for two or as part of a larger group of fellow guests. There are two specialty restaurants Aqualina and Prime C. Aqualina exhibits contemporary, inventive Italian cuisine and features some of Italy's most famous dishes. Prime C, offers a marvelous evening at this classic wood-paneled steakhouse with stunning views and lush autumn décor. Windows Café is primary spot for casual dining with indoor and outdoor tables. Enjoy an intimate breakfast, lunch, or dinner for two or a lively meal for six with the flexible seating options. The Patio serves as a casual "pool grill" during the day and becomes transformed into a more sophisticated dining experience in the evening. The self serve Frozen yogurt station is a staple of the Patio and is available all day. Mosaic Café is the onboard coffee corner where You'll find all your favorite coffee drinks and you can order them just the way you like as well as light snacks. Lastly is the delicious Room Service served 24 hours a day. Lunch and dinner room service features a menu of hearty soups, fresh salads, gourmet sandwiches, pizzas and desserts.



Onboard Activities and

Enriching Experiences

Treat yourself to health, beauty, and restorative treatments in the all new Sanctum Spa. With a focus on wellness and vigor, the relaxing spa can provide you an oceanfront massage, a quick manicure teeth whitening, barber services, or even a healing acupuncture treatment. The well-equipped Fitness Center filled with lifecycles, treadmills, stair-steppers and weights will help you maintain your body despite the delicious dining on board. There are complimentary group classes like sunset yoga on the deck, Pilates, cycling, core workouts, and nutrition classes. You also have the option of working with certified personal trainers who will help you develop a customized workout plan and lead you through individualized instruction. The beautiful library on board is known as the Drawing Room. The library is one of the quiet jewels of Azamara, a peaceful and beautifully appointed space for reading or relaxing after dinner. Browse the collection and feel free to borrow the library books or simply relax in the tranquil atmosphere. For onboard shopping You'll find a tasteful collection of merchandise and beautiful jewelry and watches in four onboard stores. The daily news will outline specials and one-time offers that make shopping even more fun. The Photo Stop has camera supplies that can be purchased and displays photos available of the previous day's events, taken by the ship's roving photographer.

Inclusive Amenities for All Guests

- AzAmazing Evenings® event (on most voyages of seven nights or longer)
- Select standard spirits, international beers and wines
- Gratuities
- Bottled water, soft drinks, specialty coffees and teas
- Self-service laundry
- Shuttle service to and from port communities, where available
- Concierge services for personal guidance and reservations



To find out more about your ship and voyage, [visit their website here.](#)



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Stateroom Features: completely refurbished with fresh contemporary décor in 2016; two lower beds convertible to one Queen size bed; sitting area with 40" flat-screen TV; refrigerator with mini-bar; thermostat-controlled air conditioner; direct-dial telephone with voice mail; writing desk; in-room safe; hand-held hairdryer; USB ports under bedside reading lamps; luxurious cotton bed linens with duvet; terry bathrobes and slippers; 24-hour room service; welcome fruit basket at embarkation; fresh-cut flowers; tote bag; use of umbrella and binoculars; shoe shine-service; turndown treats; daily news bulletin.

Rates as of July 6, 2017 in \$CAD.		Passenger 1	Passenger 2
12—Club Interior	Interior	Sold out	
11—Club Interior	Interior	\$6,830	FREE
10—Club Interior	Interior	\$7,012	FREE
9—Club Interior	Interior	\$7,194	FREE
8—Club Oceanview	Picture window, 170 sq.ft.	\$7,558	FREE
6—Club Oceanview	Picture window, 170 sq.ft. Deck 4 FWD	\$7,740	FREE
5—Club Oceanview	Picture window, 170 sq.ft. Deck 4 MID	\$7,922	FREE
4—Club Oceanview	Picture window, 170 sq.ft. Deck 6, 7 FWD	\$8,132	FREE
V3—Club Veranda	Floor-ceiling sliding glass door. 175 sq.ft. +40 sq.ft. balcony. Deck 6, 7 FWD/AFT	\$11,072	FREE
V2—Club Veranda	Floor-ceiling sliding glass door. 175 sq.ft. +40 sq.ft. balcony. Deck 6, 7 MIDSHP	\$11,254	FREE
V1—Club Veranda	Floor-ceiling sliding glass door. 175 sq.ft. +40 sq.ft. balcony. Deck 8 FWD/MIDSHIP	\$11,436	FREE
VX—Club Deluxe Veranda	Suite & added amenities	\$11,898	FREE
N2—Club Continent Suite	Suite & added amenities	\$17,278	FREE
N1—Club Continent Suite	Suite & added amenities	Sold out	
CO—Club Ocean Suite	Suite & added amenities	On request	
CW—Club World Owner's Suite	Suite & added amenities	On request	
3rd/4th pax	Interior/Balcony/Suite/Oceanview: \$1,489		

CONFERENCE TUITION

- Only paid registrants receive a certificate
- Tuition is non-refundable after January 31, 2018
- Tuition is charged in \$CAD
- Cruise & Conference must both be booked through Sea Courses

EARLY BIRD PRICE	After Sept. 29, 2017
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FP	\$ 995	\$ 1,095
Specialist	\$ 995	\$ 1,095
Resident, RN, PA, NP, Other	\$ 795	\$ 895

Frequent Traveller with Sea Courses? Receive \$50 off your tuition if you've toured or sailed with us in the last 5 years!

Terms & Conditions

- All prices are in Canadian Dollars and are subject to change without notice. Prices only guaranteed with payment.
- Additional port charges, taxes & fees of \$285 per person apply. Gratuities are included with Azamara.
- Deposit of \$750 per person due at booking.
- Final payment is February 1, 2018.
- \$100 per stateroom cancellation fee applicable before February 7, 2018.
- Cancellations after February 7, 2018 are subject to applicable charges by cruise line.
- Cruise & Conference must both be booked through Sea Courses.

Travel Insurance is strongly recommended to protect from:

- Trip and conference



[Click this link to access the registration form](#)

Sea Courses now offers to make your flight arrangements at our exclusive **Air Desk** !

Click [here](#) to access our easy to use form.