

# 10-Day Continuing Education Baltic Cruise

EDUCATIONAL PROGRAM  
PRESENTED BY:

**W** SCHOOL OF DENTISTRY  
UNIVERSITY of WASHINGTON

AND

THE AMERICAN ACADEMY  
OF PEDIATRIC DENTISTRY

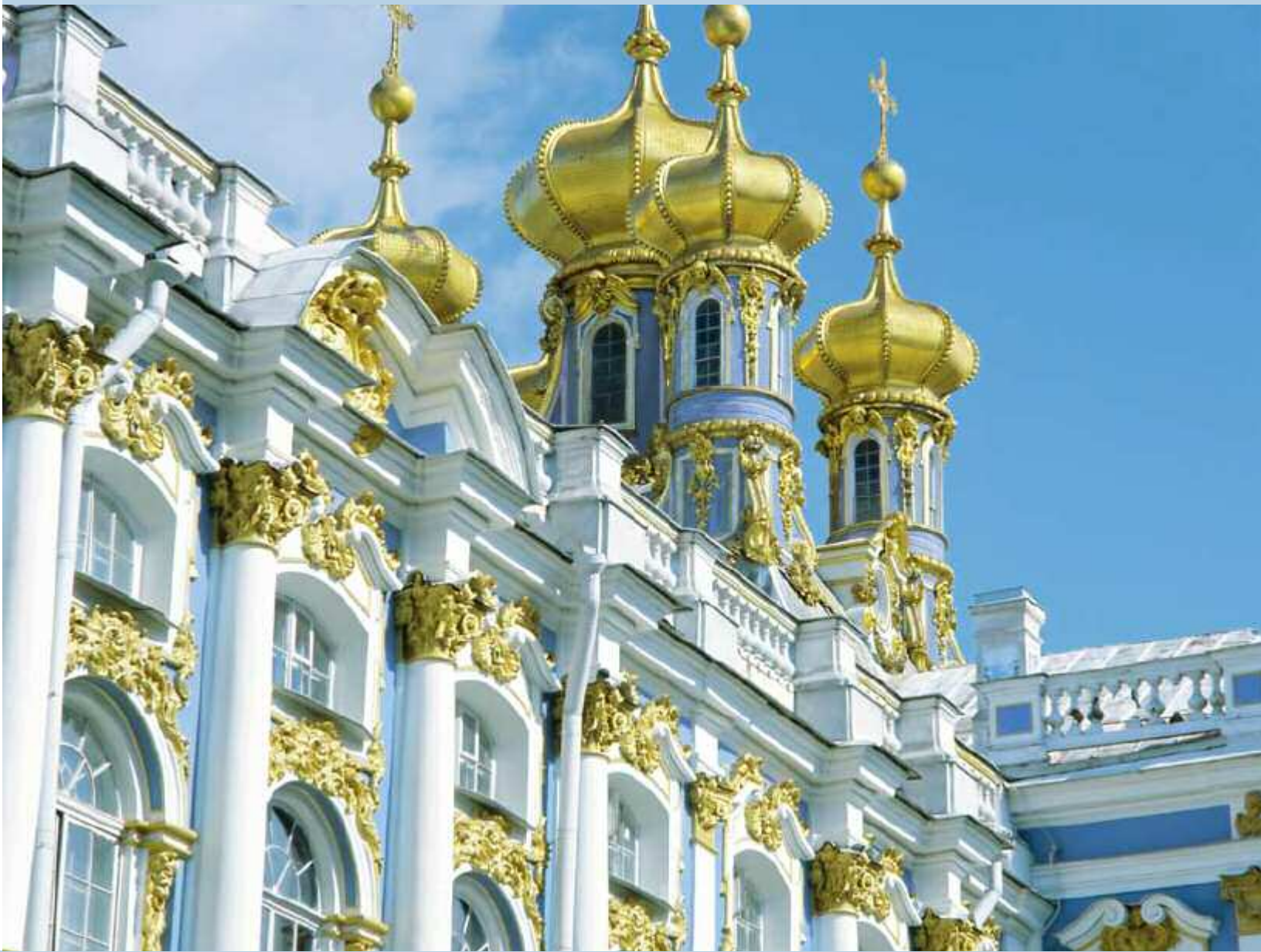


July 14 – 24, 2012

aboard the

ms Eurodam

Round-trip from Copenhagen



Holland America Line

*A Signature of Excellence*

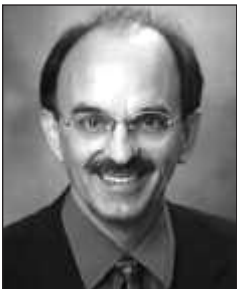
# THE SEMINAR: A New GPS

## Greg Psaltis, DDS

This course is intended for dentists of all ages and experience. The concept is to first determine where each attendee is in terms of future years still to be in practice and the level of satisfaction with his/her practice. By placing oneself on a bi-axial grid, each course participant will be able to understand how strongly to focus on specific areas of interest in four areas that will propel them to heightened security in their professional life, as well as the four categories for boosting personal career satisfaction. The bases of the concepts are from both actual life experiences as well as materials on broader quality of life issues. The course will have an appeal to dentists newly out of training, those with many years of experience and everyone in between. While the material is largely geared toward dentists, the concepts are sufficiently universal that any member of the dental team will glean much from the presentation.

### Course objectives:

- Learn how to reduce personal stress in the office setting
- Prepare more effectively for your future by nurturing passions
- See how simple steps can lead to more personal satisfaction in the work place
- Understand how to ensure practice vitality during a personal health crisis
- Planning to use one's professional skills on a volunteer basis
- Nurturing gratitude in the "daily grind" of practice



**Dr. Greg Psaltis** has had a private pediatric dental practice in Olympia, Washington since 1981. He received his DDS and certificate of Pediatric Dentistry at the University of California San Francisco. His unique speaking style reflects his years of experience and his keen observations, thus making his programs both informative and entertaining. He is well published and lectures frequently on various dental topics.

### Tuition (7 CEU Hours)

	DENTISTS	TEAM MEMBERS
Booked by 11/01/2011	\$350	\$250
Booked after 11/01/2011	\$400	\$300

University of Washington and the American Academy of Pediatric Dentistry (AAPD) are ADA CERP Recognized Providers. University of Washington and the AAPD designate this activity for 7 continuing education credits.

**ADA CERP**® | Continuing Education Recognition Program

ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing 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.



## Holland America Line

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## ABOUT THE CRUISE AND THE SHIP:

Join friends and colleagues from UWA & AAPD aboard Holland America Line's signature-class luxury ship, the ms Eurodam, as it sails to places of immense beauty and history. Holland America Line is the world's highest-rated premium cruise line. Step on board and into a world of elegant staterooms, gourmet cuisine, comforting spa treatments and glittering nightlife. This incredible itinerary allows us to spend two days exploring St. Petersburg in addition to discovering the diverse charms of other Scandinavian and northern European destinations. New memories are waiting.

**COPENHAGEN, DENMARK-** Denmark's capital is sophisticated, saucy and friendly. Stroll the fairytale world of Tivoli Gardens to take in bright lights and see castles that out-Disney Disney. See the city's 200- year-old Royal Palace, the lively Old Harbor — Hans Christian Andersen lived here. Salute the Little Mermaid, symbol of this light-hearted city. The main shopping district is centered around Stroget, one of the most popular walkways throughout the city. Consider arriving a day or two early (or staying for a few days upon completion of the cruise) in order to fully appreciate the beauty and history of Copenhagen and the friendliness of her people.

**TALLINN, ESTONIA-** Little has changed in this medieval town where walls and towers still stand tall and where within its Old Town you will think you've stepped into a time machine and gone back 1000 years! Stroll and shop along cobblestone streets, walk up to the Baroque palace in the Upper Town, look out over the red roofs to the Baltic below, drop in at Alexander Nevsky Cathedral to find inspiration in the gleaming mosaics and icons. This is a marvelous town perfect for walking.

**ST. PETERSBURG, RUSSIA-** Peter the Great called St. Petersburg his "Window on Europe." For openers, there's the fabulous Hermitage Museum at the Winter Palace, with its renowned art collection from Raphael to Rembrandt, Titian to Tintoretto. Other musts are the babbling fountains of Peterhof, and the Amber Room at Catherine's Palace. With two full days you'll have opportunity to "see it all." (Note: For any ship sponsored shore excursion you purchase, your Russian visa will be included. If you plan to tour "on your own," you will need to arrange for a Russian Visa through the Russian Embassy prior to departing. (Touring on your own is not recommended in St. Petersburg unless you've been there before, speak Russian or know someone there who can escort you.)

**HELSINKI, FINLAND-** Shaped by its bays and off-shore islands, Helsinki is one of Europe's most scenic capitals. Walk along the waterfront to explore the outdoor fish and flower markets, walk the esplanade shopping streets, hear a Sibelius concert, visit the iconic Temppeliaukio Church or any one of a number of fascinating museums. You'll find terrific shopping opportunities here.

**STOCKHOLM, SWEDEN-** There's so much to see in charming Stockholm, sprawled on 18 islands, often called the "Venice of the North." Cruise the sparkling waterways and navigate narrow, medieval streets. Watch the snappy changing of the guard at the Baroque Royal Palace and sail into Viking history with a visit to the awesome Vasa Museum.

**WARNEMUNDE, GERMANY-** is the "jumping-off-spot" for a quick trip down to Berlin. Inseparable from its modern history, Berlin decidedly features it. In the former Soviet/American/British sectors are the Berlin Cathedral, Checkpoint Charlie, Unter den Linden Boulevard and the stunning Brandenburg Gate.

**KIEL, GERMANY-** is an important sea transport hub and only 56 miles north of Hamburg, Germany's second largest city and a must-see on your itinerary. Don't miss the magnificent St. Michael's Church. Then visit the "Speicherstadt" warehouse district with its Wilhelminian brick Gothic buildings, unusual gables and little towers.



## ITINERARY

DAY	PORT	ARRIVE	DEPART
Sat, July 14	<b>Copenhagen, Denmark</b>	—	5:00 pm
Sun, July 15	<b>Day at Sea</b>	—	—
Mon, July 16	<b>Tallinn, Estonia</b>	11:00 am	5:00 pm
Tue, July 17	<b>St. Petersburg, Russia</b>	7:00 am	—
Wed, July 18	<b>St. Petersburg, Russia</b>	—	6:00 pm
Thu, July 19	<b>Helsinki, Finland</b>	6:00 am	5:00 pm
Fri, July 20	<b>Stockholm</b>	8:00 am	5:00 pm
	<b>Stockholm Archipelago</b>	5:00 pm	8:00 pm
Sat, July 21	<b>Day at Sea</b>	—	—
Sun, July 22	<b>Warnemunde (Berlin), Germany</b>	6:00 am	10:00 pm
Mon, July 23	<b>Kiel (Hamburg), Germany</b>	8:00 am	6:00 pm
Tue, July 24	<b>Copenhagen, Denmark</b>	7:00 am	—

Schedule subject to change. 3.5 hours of CE will be offered on each of the sea days.



# Price List

Stateroom Type	AAPD/UWA Rate Per Person
<b>Deluxe Verandah Suite</b> Certainly one of the largest cabins you'll find on any ship. Floor-to-ceiling windows lead to a large private verandah spacious enough for entertaining. 2 lower beds convertible to 1 king-size bed, bathroom with dual sink vanity, full-size whirlpool bath, shower and additional shower stall, large sitting area, separate dressing room with plenty of storage space, 1 sofa bed for 2 persons. No host mini-bar and refrigerator. A variety of firm, medium and soft pillows. Oversized bath towels. One-touch telephone concierge service. Fresh flowers. DVD player with access to complimentary DVD library. Considerable amenities come with the Deluxe Verandah Suite. Approximately 500-712 sq. ft. including verandah.	<b>\$ 5959</b>
<b>Superior Verandah Suite</b> 2 lower beds convertible to 1 queen-size bed, bathroom with dual sink vanity, full-size whirlpool bath, shower and additional shower stall, large sitting area, private verandah, 1 sofa bed for 1 person, floor-to-ceiling windows. INCLUDES: A variety of firm, medium and soft pillows. No-host mini-bar for easy entertaining. Personalized cruise stationery. Oversized bath towels. One-touch telephone concierge service. Fresh flowers. Complimentary DVD library. Approximately 273 sq. ft. including verandah.	<b>\$ 4659</b>
<b>Ocean View with Verandah Stateroom</b> The Eurodam Deluxe Verandah Staterooms have 2 lower beds convertible to 1 queen-size bed, bathtub, shower, sitting area, private balcony, floor-to-ceiling windows. Approximately 220 sq. ft.	<b>\$ 3059</b>
<b>Ocean View Stateroom</b> The Eurodam's Ocean View Staterooms have two lower beds which are convertible to one queen-size bed. Large picture window. Private bathroom with shower. Approximately 185 square feet.	<b>\$ 2559</b>
<b>Inside Stateroom</b> The Larger Inside Staterooms have two lower beds which are convertible to one queen-size bed. Private bathroom with shower. Approximately 162 square feet.	<b>\$ 2259</b>

All staterooms are equipped with:

- Luxurious beds featuring Sealy® Premium Euro-Top mattresses and finely woven cotton linens
- Deluxe waffle weave and terry cloth bathrobes for use during your voyage
- 100% Egyptian cotton towels
- Premium massage showerheads
- 5X magnifying make-up mirrors and salon-quality hair dryers
- Fragrant soaps, lotions, shampoo and other bath amenities from Elemis Aromapure
- Complimentary fresh fruit on request
- Elegant ice bucket and serving tray for in-stateroom beverages
- Flat-panel TV and DVD player
- Ice service, shoeshine service and nightly turndown service

Access to internet via on-board "Internet Cafe" as well as select WIFI - hotspots throughout the ship (usage fee applies). Not all staterooms within each category have the same furniture configuration and/or facilities. International roaming for many cell phones is available while the ship is at sea. Check with your cellular provider to ensure that your international roaming feature is activated. Be aware that international roaming fees can be as high as \$5 per minute. Talk with your cell phone provider for additional information. Prices INCLUDE current taxes and port charges as well as all shipboard meals, entertainment and activities. Not included: transportation to the ship, certain beverages and gratuities. Prices quoted based on availability and are per person based on double occupancy. Passport not expiring within 6 months of return is required. Third and Fourth persons sharing same cabin pay only \$959. Refundable deposit of \$350 per person required at time of booking; balance due on April 23, 2012. Penalties assessed for cancellations after April 23, 2012, therefore we recommend purchasing an optional cruise protection plan. Call us for details.

**To register:** In order to participate in the CE seminar, you must make your reservation through Special Event Cruises. For information or cabin reservations, please call Continuing Education, Inc:

## 1-800-422-0711

5700 4th St. N., St. Petersburg, FL 33703

Monday through Friday, 8:30 AM to 6:00 PM, EST, Saturday 10:00 AM to 2:00 PM EST

**Most major credit cards accepted.**

**Book online at [www.specialeventcruises.com](http://www.specialeventcruises.com)**

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