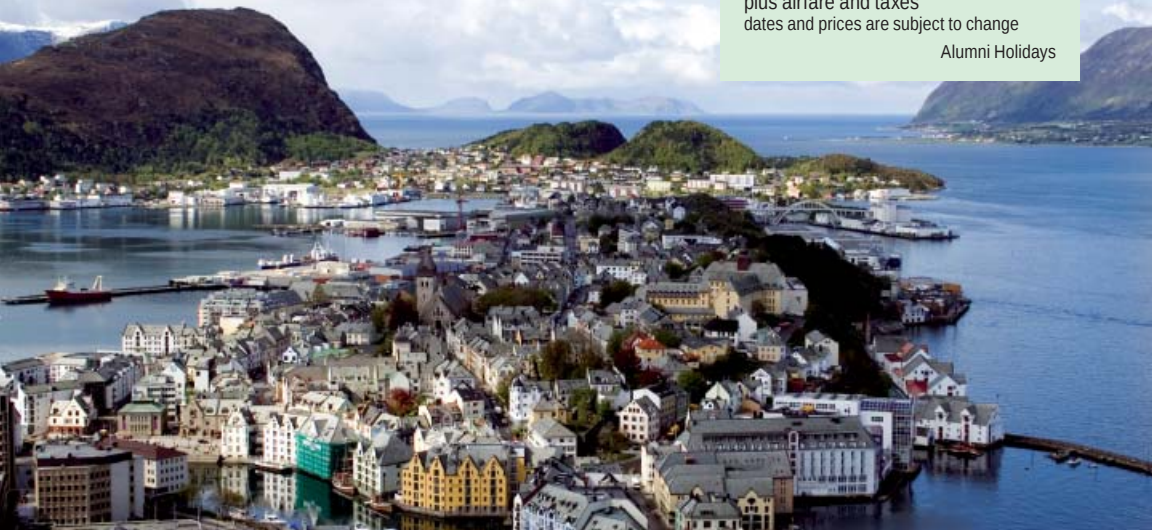


July 12-28, 2010 (17 days)
 from approx. \$7,340 pp/do
 plus airfare and taxes
 dates and prices are subject to change
 Alumni Holidays



Cool Off in Classic Comfort

Cruise the North Cape on the six-star *Crystal Symphony*

Hosted by Dr. Gordon Ewy



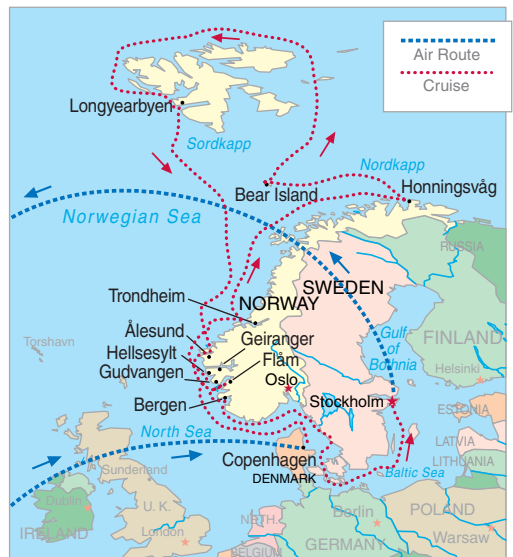
Discover the rugged beauty of the Norwegian coast and the Arctic Circle on an exciting cruise adventure that takes you to fascinating ports. Set sail from Copenhagen, and travel the North Sea to Helligsøylt and Trondheim, Norway. Cross the 66th parallel, better known as the Arctic Circle, and head to Honningsvåg on the North Cape. Sail by Norwegian Bear and Spitsbergen Islands to admire the Arctic landscape of the South Cape, then, make your way to the polar ice cap. Return by way of Longyearbyen, Spitsbergen Island. Stop in colorful Ålesund, discover the natural beauty of Flåm, and explore historic Bergen before cruising to your final destination, Stockholm! Best of all, each day

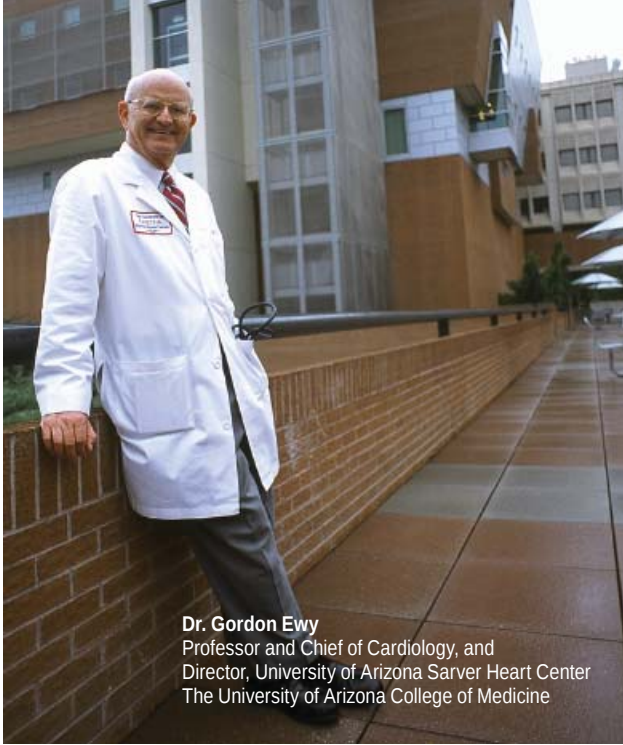


you will enjoy the unparalleled comfort and elegance of the six-star *Crystal Symphony*, providing a cruise experience you will never forget!

Daily Itinerary

- 1 depart for Copenhagen.
- 2 arrive in Copenhagen and embark the *Crystal Symphony*.
- 3 cruise the North Sea.
- 4 visit Helligsøylt and Geiranger, Norway.
- 5 take in Trondheim, Norway and cross the Arctic Circle at the 66th Parallel.
- 6 visit Honningsvåg.
- 7 cruise the North Cape and Bear Island.
- 8 cruise Sørkapp and Spitsbergen, South Cape.
- 9 cruise the ice barrier (polar ice cap).
- 10 return by way of Longyearbyen on Spitsbergen.
- 11 cruise the Barents Sea.
- 12 visit Ålesund, Norway.
- 13 visit Flåm and Gudvangen, Norway.
- 14 explore Bergen, Norway.
- 15 cruise the North Sea.
- 16 arrive in Stockholm.
- 17 disembark the *Crystal Symphony* in Stockholm, and transfer to airport for return flight home.





Dr. Gordon Ewy
 Professor and Chief of Cardiology, and
 Director, University of Arizona Sarver Heart Center
 The University of Arizona College of Medicine

Gordon A. Ewy, M.D., is one of the founding members of The University of Arizona College of Medicine and the leading authority on Cardiocerebral Resuscitation, a revolutionary approach to resuscitation for out-of-hospital cardiac arrest that has sparked the interest of experts and news media across the world, including *CNN*, *ABC News*, *USA Today*, *Newsweek*, *NPR*, *BBC News*, and countless others.

As director of the Sarver Heart Center, Dr. Ewy leads more than 150 physicians and scientists toward attaining a goal of a future free of heart disease, vascular disease and stroke through research, education, and patient care.

Pioneered by Dr. Ewy and his Resuscitation Research Group at the Sarver Heart Center, Cardiocerebral Resuscitation has been adopted by many emergency medical services, with groundbreaking results — survival rates up to three times greater than with conventional CPR have been reported. In recognition of his life-long dedication and contributions to the field of resuscitation, Dr. Ewy has been named a “CPR Giant” by the American Heart Association.

He has authored more than 400 original scientific publications, and numerous book chapters and books. Dr. Ewy occupies the Gordon A. Ewy, M.D., Distinguished Endowed Chair of Cardiovascular Medicine, a unique honor in that it is extremely rare for someone to occupy his own named chair. Year after year, Dr. Ewy continues to be listed in the Best Doctors in America Database of Experts.

— Courtesy of Sarver Heart Center

Norway and the North Cape Hosted by Gordon Ewy, M.D.

Dr. Ewy, head of the UA Sarver Heart Center, will share his knowledge for living a healthy and happy life!

Possible lecture/intimate discussion session topics:

- Preventing Heart Attacks and Strokes
- Heart Disease in Women: There is a Difference
- Managing High Blood Pressure
- Vitamins and Cardiovascular Disease
- The New CPR: Developed at Your University!
- Cardiac Arrhythmias: Atrial Fibrillation and Others
- Open Forum for Questions



Karl Kern, M.D., (left), with Dr. Gordon Ewy, stand beneath a banner proclaiming the new CPR method they and the Heart Center team developed here at the UA. The new method has been adopted by many emergency medical services.