

Register Today!

8th Annual Search for the Healthy City SM

September 4-14, 2014

The Healthy City, Inc.

956 Court Avenue, Suite D222

Memphis, TN 38163

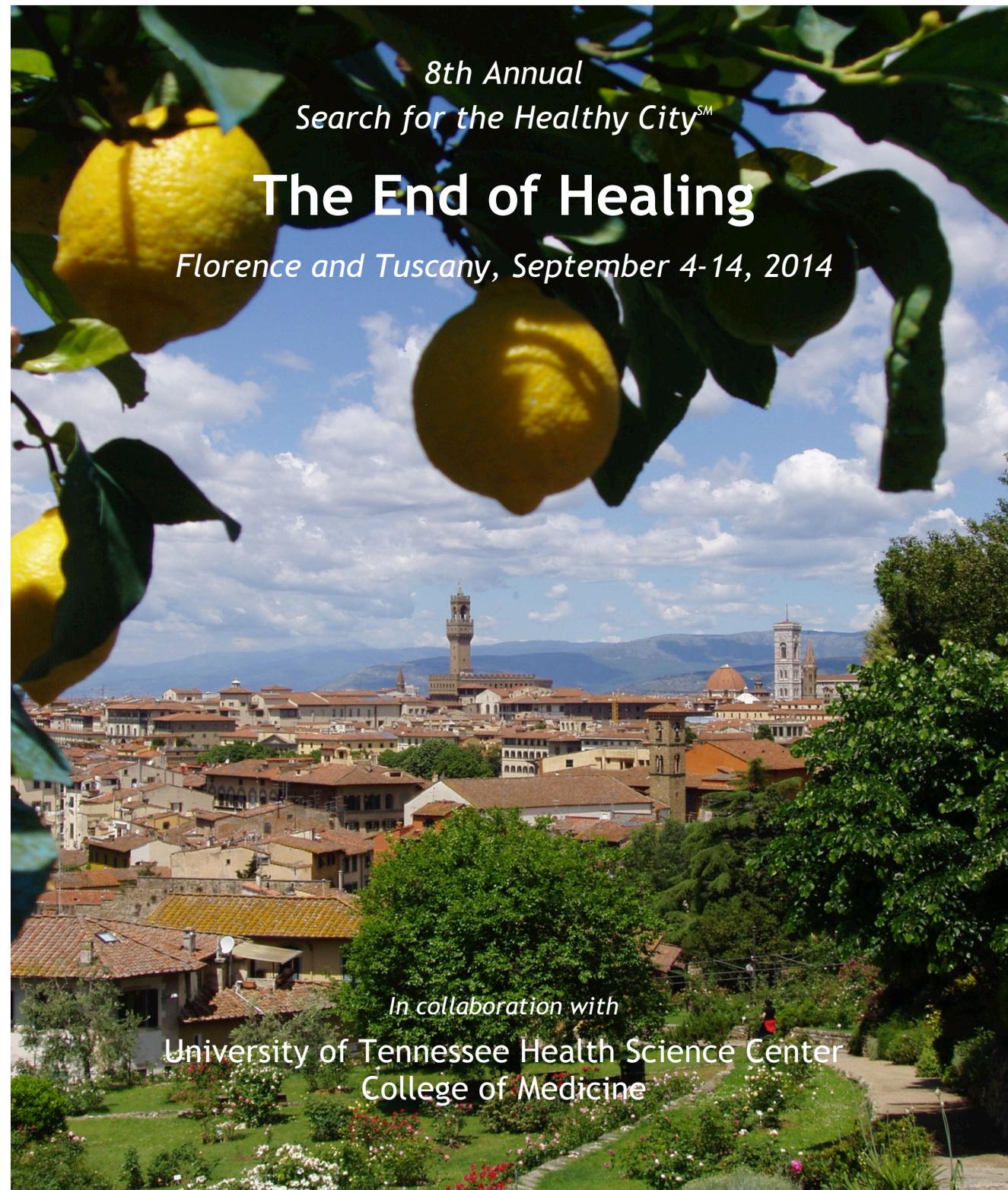
8th Annual
Search for the Healthy City SM

The End of Healing

Florence and Tuscany, September 4-14, 2014

In collaboration with

University of Tennessee Health Science Center
College of Medicine



Course information: The 8th Annual Search for the Healthy CitySM study tour will be held September 4-14, 2014, in Florence and Tuscany, Italy. This year's theme is *The End of Healing*. Participants will discuss literary and scientific works regarding health and healing and consider how health systems and healers can best serve the true ends of healing today. Tours will focus on how Italy's culture, art, architecture, and agricultural practices reflect humankind's longstanding pursuit of health and healing. Anyone interested in health is welcome. James E. Bailey, MD, MPH, University of Tennessee, Professor of Medicine, is Course Director. Reading materials and a detailed agenda listing speakers, topics, activities, and tours will be mailed to participants in advance of travel.



View from Villa Podere le Rodini in Tuscany

This tour requires lots of walking. In order to fully enjoy the sights of Italy, we recommend you spend time "in training" to prepare. At times it may be necessary to climb stairs or hills, stand for long periods, or walk over uneven surfaces. Due to traffic restrictions in pedestrian-only areas, the tour bus cannot always drop us off in front of our destination. You will need to be able to carry your bags from the bus to your room (we spend a week in one place, so there are not many times you will have to do this). Pack light and wear comfortable shoes! Please contact us with any questions or concerns at sharon@thehealthycity.org.

Accommodations: Two nights in a Florence hotel, one week at a restored Tuscan farmhouse in the Chianti region of Tuscany near Montespertoli, and one night in Lucca. Italian arrangements by Tuscan Affairs (www.tuscanaffairs.com).

Curriculum: Seminar participants should complete readings prior to arrival. Accompanying guests may participate in all seminars, tours, and activities.

Accreditation: This activity is planned and implemented in accordance with the policies of the Accreditation Council for Continuing Medical Education and through the joint sponsorship of the University of Tennessee College of Medicine and The Healthy City, Inc. We anticipate that the UT College of Medicine will provide continuing medical education credit for physicians and some other health professionals.

Credit Statement: We expect this course will offer approximately 20 AMA PRA Category 1 CreditsTM. Health professionals should claim only the credit commensurate with the extent of their participation in the activity.



Preliminary Itinerary:

Thurs. September 4 - Arrive in **Florence**. Two nights at the Hotel Palazzo Borgo near the famous Basilica of Santa Maria Novella (www.hotelpalazzodalborgo.it). Welcome reception and dinner.

Fri. September 5 - **Florence**. Tour the Baptistery, Cathedral (Duomo), Duomo Museum, and Museo del Bigallo, constructed in 1358 for a Florentine charity group (Confraternity of Mercy), as a home for plague victims and orphaned or unwanted children. Free afternoon to explore. Group dinner.

Sat. September 6 - **Florence**. Tour the medieval city and the Santa Maria Novella Church and Pharmacy (www.smnovella.it/?lang=en). Free time. Our bus will take us to a beautifully restored farmhouse, our home for the week, Agriturismo Podere le Rodini (www.ilverochianti.it/en), located in Chianti near Montespertoli.

Sun. September 7 - Morning seminar at course site. Free afternoon, optional cooking class.*

Mon. September 8 - Visit **Vinci**, birthplace of Leonardo da Vinci, and **Montespertoli**, where we'll explore the vineyards and grounds of Castello Sonnino (<http://www.castellosonnino.it/en/>).

Tues. September 9 - Morning seminar at course site. Free afternoon, optional cooking class.*

Weds. September 10 - **Pistoia**. Visit Pistoia, known for its fine medieval L-shaped town square, Cathedral, and still functioning 13th century hospital, Ospedale del Ceppo. Then enjoy a free afternoon in **Terme di Montecatini** (www.termemontecatini.it), a spa town where you can explore its streets and gardens, sit in a sidewalk cafe, and/or take the baths at Terme Tettuccio.*

Thurs. September 11 - Morning seminar at course site. Visit **Greve in Chianti**, a founding city in the Slow Food and Slow City movements, on the opening day of the 43rd annual Chianti wine festival (www.expochianticlassico.com/en/). Free time to explore or sample wines. Dinner in Greve.

Fri. September 12 - Visit the ancient Etruscan city of **Volterra**, famous for alabaster and mineral waters. Tour the Roman Theater, Volterra Cathedral, and Guarnacci Etruscan Museum.

Sat. September 13 - Depart Podere le Rodini for the scenic medieval walled city of **Lucca**. Attend Lucca's famous festival of the Luminara di Santa Croce and witness the devotional candlelit procession through the streets of the old town center. Hotel Benardino.

Sun. September 14 - Departures

Cost: \$3850 per person, based on double occupancy. \$4450 for single occupancy. Discount of \$300 per person for registrations received by March 15, 2014. Included: CME fees, transfers, 10 nights hotel accommodations, most meals (some lunches may be excluded), all entrance fees and tour guides. Airfare and trip insurance not included. *Optional activities may require additional fee.

To register, send your completed registration form and registration payment to Dr. Jim Bailey at **The Healthy City, Inc.**, 956 Court Avenue, D222, Memphis, TN 38163 (fax 901-448-3937). For more information, go to www.thehealthycity.org/join-the-search, or contact Dr. Jim Bailey at 901-448-2475 or jim@thehealthycity.org. Contact Sharon Bailey at 901-849-9746 or sharon@thehealthycity.org regarding registration, tour details, or trip advice. Contact our onsite organizers, Ann Freeman and Charly Lucas of **Tuscan Affairs**, at 011-39-0571-660011 (from the US) or by email at info@TuscanAffairs.com, for assistance in extending your stay before and/or after the study tour. Visit us on facebook at www.facebook.com/thehealthycity.

Registration Form: Search for the Healthy CitySM
September 4-14, 2014,
Florence and Tuscany, Italy

Return by mail or fax to: Dr. Jim
Bailey, The Healthy City, Inc., 956
Court Ave., D222, Memphis, TN
38163, Tel: 901-448-2475, Fax: 901-
448-3937

Name _____ Degree _____

Address (where you want to receive trip materials) _____

City _____ State _____ Zip Code _____ Country _____

Daytime Phone _____ Email _____

Names of other members of your party: _____

ACCOMMODATIONS: Onsite accommodations (10 nights), most meals, tours and local transportation arranged by Tuscan Affairs (www.tuscanaffairs.com).

Specify your preference for double bed, twin beds, or single occupancy. Every effort will be made to accommodate requests. Single occupancy rooms available for additional \$600 per person. Please indicate any special dietary requirements or other needs: _____

For recording CME credit: AMA Educational # or last four of Social Security Number _____

Registration Fees/Credit: Half of expenses to **The Healthy City, Inc.** on receipt of registration form.

(Remainder due 7/01/2012)

\$3850 x Number in party _____ = \$ _____

minus \$300 per person if registered before March 10, 2014 - \$ _____

plus \$600 per person requesting single occupancy + \$ _____

TOTAL = \$ _____

Half due with this registration = \$ _____

Check payable to **The Healthy City, Inc.**

OR Please charge my: VISA® MasterCard® American Express®

Card Number _____ Exp Date _____

Name on credit card _____

Billing Address (if different than above) _____

City _____ State _____ Zip Code _____ Country _____

Signature _____ Security Code _____

If you cancel after paying your registration fee(s) and we succeed in filling your place, we will return your fees paid, less a \$300 administrative fee per person. If we are unable to fill your place no refunds will be made. If we are unable to run the tour owing to unforeseen circumstances, every attempt will be made to refund participant's payments, less any unrecoverable expenses.

ADDITIONAL TRAVEL INFORMATION:

- We recommend medical insurance coverage that includes international travel, evacuation, and repatriation. Please check with your insurance company as these are not always covered. In the case of trip cancellation or interruption, we will make every effort to refund unused fees. For full protection we strongly recommend that you purchase trip cancellation insurance.
- Tours require walking and sites may have rough terrain, cobblestones, stairs, or hills. We recommend you walk daily to prepare for the trip. Pack comfortable shoes.
- Our budget allows for normal exchange rate fluctuations and we have not had to adjust the trip price in past years. However, in the event of a major change in the exchange rate, we may revise the final price 60 days before the start of the trip.
- A passport is required for all international travel. According to US State Department, ***your passport must be valid for at least six months past the date you enter a foreign country***
- ATM machines are the most convenient and affordable way to access money during the trip. Notify your bank before departure.
- The itinerary may change slightly based on opening times, availability of guides, and newly discovered opportunities.
- The tour is limited to 24 people.