

**Register Today!**

9<sup>th</sup> Annual Search for the Healthy City <sup>SM</sup>

September 15-25, 2016

The Healthy City, Inc.

956 Court Avenue, Suite D222

Memphis, TN 38163

9th Annual  
Search for the Healthy City<sup>SM</sup>

# The Influence of Art and Architecture on Health

*Umbria, Italy, September 15-25, 2016*



*Orvieto, Province of Umbria, Italy (Photo: Steve Luck)*

In collaboration with  
*University of Tennessee Health Science Center College of Medicine  
and Tuscan Affairs*

**Course information:** The 9<sup>th</sup> Annual Search for the Healthy City<sup>SM</sup> study tour will be held September 15-25, 2016, in Umbria—the green heart of Italy. This year’s theme is *The Influence of Art and Architecture on Health*. Participants will discuss classic and modern works regarding the impact of our built environment on physical, emotional, and spiritual health, considering how cities and towns can best serve human health today. Tours will focus on how the art, architecture, and urban design of Italy’s medieval and Renaissance hill towns reflect humankind’s longstanding pursuit of health and healing. This tour is open to all interested persons. James E. Bailey, MD, MPH, University of Tennessee, Professor, is course director and John Griffin, BFA, architectural and environmental design expert, will serve as course faculty. Reading materials and a detailed agenda listing speakers, topics, activities, and tours will be mailed to participants in advance of travel.



*Agriturismo I Frati, Main seminar location*

**Curriculum:** Seminar participants should complete readings prior to arrival. Everyone is welcome and encouraged to 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. The University of Tennessee College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**Credit Statement:** The University of Tennessee College of Medicine designates this live activity for a maximum of 10 *AMA PRA Category 1 Credits*<sup>TM</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



**Activity level:** This tour requires 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. Hiking on the Way of St. Francis optional. Due to traffic restrictions in pedestrian-only areas, the 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! Contact us with any questions or concerns at [sharon@thehealthycity.org](mailto:sharon@thehealthycity.org).

**Accommodations:** Two nights at Hotel Fonte Cesia in Todi ([www.fontecesia.it/eng/hotel.htm](http://www.fontecesia.it/eng/hotel.htm)), one week at a restored convent near Lake Trasimeno ([www.agriturismoifrati.it/index-eng.php](http://www.agriturismoifrati.it/index-eng.php)), and one night at the QC Terme Hotel in Fiumicino-Rome ([www.qctermeroma.it/en](http://www.qctermeroma.it/en)). Italian arrangements by Tuscan Affairs ([www.tuscanaffairs.com](http://www.tuscanaffairs.com)).

#### **Preliminary Itinerary:**

Thurs. September 15 - Arrivals in **Rome**. Transportation from Fiumicino Airport to Todi. Two nights at Hotel Fonte Cesia ([www.fontecesia.it/eng/hotel.htm](http://www.fontecesia.it/eng/hotel.htm)). Welcome reception and dinner.

Fri. September 16 - **Todi**. Guided tour of Todi’s famous People’s Square, one of the most ancient communal palaces in Italy; the Cathedral (Duomo); and Todi’s most famous palaces, the Captain’s Palace, Prior’s Palace, and Bishop’s Palace. Free afternoon to explore.

Sat. September 17 - Morning seminar. Departure. **Marsciano** for lunch. Arrival at Agriturismo I Frati (“The Brothers,” [www.agriturismoifrati.it/index-eng.php](http://www.agriturismoifrati.it/index-eng.php)), a working farm and restored XV century Franciscan convent on a hilltop outside Paciano and our home for a week. Welcome supper.

Sun. September 18 - **Gubbio**. Visit the Cathedral, the Palazzo dei Consoli (town hall) with its ancient Latin Iguvine Tablets, and the Roman Theater. Ascend by cable basket up Monte Ingino to the Basilica San Ubaldo. Free time to explore Gubbio. Dinner at Agriturismo I Frati.

Mon. September 19 - Morning seminar. Free afternoon. Optional trek along **Lake Trasimeno**, at site of 217 A.C. battle between Hannibal and the Roman army. Optional cooking class. Group dinner.

Tues. September 20 - **Orvieto**. Guided tour with Elena Buzzini of Orvieto’s monumental Cathedral with frescos by Fra Angelico and Luca Signorelli. Optional visit to the nearby hill town of **Civita Bagnoregio**. Free time to enjoy the “passeggiata” (evening stroll). Evening meal in Orvieto.

Weds. September 21 - **Perugia**. Brief morning seminar at course site. Tour Perugia’s ancient underground streets; the Palazzo dei Priori, one of Italy’s greatest buildings; and the Piazza IV Novembre, one of Italy’s most famous community spaces. Dinner at Agriturismo I Frati.

Thurs. September 22 - **Assisi**. Morning tour of city and Basilica San Francesco with Elena Buzzini. Lunch and free afternoon to wander in Assisi. Optional trek (very strenuous) from Assisi up Monte Subasio to the hermitage of St. Francis, the Eremo delle Carceri. Dinner at Agriturismo I Frati.

Fri. September 23 - Morning seminar. Lunch in **Monticchiello**. Optional trek (strenuous) to **Montepulciano**. Explore Montepulciano and enjoy a wine tasting. Dinner at Agriturismo I Frati.

Sat. September 24 - Depart Agriturismo I Frati. Tour **Viterbo**. Papal Palace, Cathedral, Palazzo Comunale, and Bagno di Papi (Renaissance bath palace of the Popes). Spa privileges and buffet dinner at QC Terme Hotel ([www.qctermeroma.it/en](http://www.qctermeroma.it/en)) near Ostia Antica, Rome’s ancient port.

Sun. September 25 - Departures.

**Cost:** \$3900 per person, based on double occupancy. \$4600 for single occupancy. Discount of \$300 per person for registrations received by March 15, 2016. 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.

To register, send completed registration form and payment to Dr. Jim Bailey, **The Healthy City**, 956 Court Avenue, D222, Memphis, TN 38163 (fax 901-448-3937). Visit [TheHealthyCity.org/join-the-search](http://TheHealthyCity.org/join-the-search), [Facebook.com/thehealthycity](https://Facebook.com/thehealthycity), or contact Sharon Bailey ([sharon@thehealthycity.org](mailto:sharon@thehealthycity.org), 901-849-9746) regarding registration, tour details, or trip advice. Contact our onsite organizers, Ann Freeman and Charly Lucas of **Tuscan Affairs** ([info@TuscanAffairs.com](mailto:info@TuscanAffairs.com), 011-39-0571-660011 from US) for assistance in extending your stay before and/or after the study tour.

Registration Form: Search for the Healthy City<sup>SM</sup>  
September 5-25, 2016,  
Umbria, 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 \_\_\_\_\_

Address (where you want to receive trip materials) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Country \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Accompanying person, if applicable:

Name \_\_\_\_\_ Email \_\_\_\_\_

ACCOMMODATIONS: Onsite accommodations (10 nights), most meals, tours and local transportation arranged by Tuscan Affairs ([www.tuscanaffairs.com](http://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 \$700 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: Half due to **The Healthy City, Inc.** with registration form. Remainder due 6/01/2016.

\$3900 x Number in party \_\_\_\_\_ = \$ \_\_\_\_\_

minus \$300 per person if registered before March 15, 2016 - \$ \_\_\_\_\_

plus \$700 per person requesting single occupancy + \$ \_\_\_\_\_

**TOTAL** = \$ \_\_\_\_\_

Half due with this registration = \$ \_\_\_\_\_

Check or money order payable to **The Healthy City, Inc.** enclosed.

## REFUND POLICY

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 unlikely event of trip cancellation or interruption, we will make every effort to refund unused fees. For full protection we strongly recommend that you purchase trip 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 never 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 based on opening times, availability of guides, and newly discovered opportunities.
- The tour is limited to 24 participants.