

Wellness Experts From Cleveland Clinic Set for 2008 Crystal Voyages

2008-01-15

Six Worldwide Cruises Feature Interactive Learning from Medical Specialists

From new strategies for heart-healthy living to understanding how the mind/body connection affects wellness, Crystal guests aboard six worldwide cruises in 2008 can learn about the latest health trends and treatments from the medical luminaries of the Cleveland Clinic, one of the nation's most respected academic medical research centers.

Select voyages to South America, the South Pacific, the Caribbean and the Panama Canal offer guests complimentary interactive classes through Crystal's stimulating Creative Learning Institute. Noted experts in their respective fields, the physicians will provide insights on women's health issues, cardiovascular treatments and care, ophthalmology, orthopedics, joint, knee and hip replacement surgery including arthroscopy, and wellness through mind, body and spirit.

"Our guests are active, inquisitive and enthusiastic about the latest developments in health, fitness and well-being from the top experts in the medical field," says Kristin Turner, Crystal Cruises' manager of entertainment who oversees the program.

Cleveland Clinic experts are also providing Crystal guests with helpful travel health tips at <http://www.crystalcruises.com/>. The "Before You Sail" section includes articles on Food and Water Considerations while Traveling, Immunization Considerations when Traveling Abroad, Overcoming Jet Lag, Travel Medical Kit, and Traveling with Asthma.

Worldwide departures featuring the esteemed physicians of the Cleveland Clinic include:

January 4 - Miami to Los Angeles

Dr. David Sholiton, M.D., Former Director of Regional Ophthalmology for the Cole Eye Institute at the Cleveland Clinic Foundation

Topics: Cataracts and cataract surgery, macular degeneration, diabetic retinopathy, and common eye problems including glaucoma, flashes, floaters, dry eyes and droopy lids.

January 19 - Los Angeles to Papeete

Dr. Fredrick Wilson, D.O., Director of the Back and Neck Center at Cleveland Clinic Solon Family Health Center

Topic: Treatment of low back and neck pain

February 1 - Papeete to Auckland

Dr. Margaret McKenzie, M.D., Obstetrician-Gynecologist and Assistant Professor of Surgery at the Cleveland Clinic Lerner College of Medicine at Case Western Reserve

Topic: Women's health issues

December 12 - Costa Rica to Miami

Dr. Leslie Cho, M.D., Interventional Cardiologist and Director of the Cleveland Clinic's Women's Cardiovascular Center

Topic: Cardiovascular (heart) disease, therapies and treatments

November 10 - Miami to Los Angeles

Dr. Wael Barsoum, M.D., Staff Surgeon and Vice Chairman of Cleveland Clinic's Orthopedic and Rheumatologic Institute

Topic: Orthopedics including reconstructive hip and knee surgery and joint replacement

December 7 - Los Angeles to Valparaiso

Dr. Donald Malone, M.D., Staff Psychiatrist at the Cleveland Clinic Foundation

Topic: Wellness through mind, body, and spirit

Voyages range from 11 to 15 days in length, with fares beginning at \$2,995 per person, double occupancy depending on itinerary and suite selected.

Commitment to Health and Wellness

Enhancing Crystal's total approach to health and wellness is the fully equipped Fitness Centre featuring panoramic ocean views and state-of-the-art equipment including LifeFitness(R) treadmills with individual flat screen televisions, cross trainers, recumbent and upright life cycles and steppers, strength-training equipment, free weights and a Pilates Reformer(R) machine.

From daily exercise classes (including yoga) and personal training sessions, to the Feng Shui-inspired Crystal Spa, the setting is ideal for building strength and finding balance. Crystal Cruises' exclusive Walk-on-Water program features the WALKVEST(R) Training System, which revolutionizes walking simply by adding resistance (added weight) to your walk. Fresh fruit, fresh fish, creative salads, low-calorie and low-carb meals add to the completely trans fat-free dining experience available throughout the ships.

This article comes from Hotel News Resource

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The URL for this story is:

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