

All-Star Cruises & Travel, Inc.

Home of, "Dan, The Travel Man!"

Personal Attention/Professional Service

www.DanTheTravelMan.com

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Dr. Monica Ganz presents...

A Caribbean Cruise/Conference

“Make It A Lifestyle”

March 14 - 21, 2010

~ Carnival Cruise Lines - Carnival Legend ~

Travel, vacation, cruises, exotic places - sounds good. All of these things can be yours by joining us on one of our Make it a Lifestyle™ Cruises. We all gather together with other people who are concerned about their weight and want to live a healthier lifestyle. We gather together to learn from one another and to play together. We explore adventures that we would never been able to do without our weight loss.

We all have lost weight and now the world is ours. What a better way to celebrate than with a Make it a Lifestyle™ Cruise. You can participate in all of the ships activities on land and at sea or do nothing at all, the choice is yours. Make it a Lifestyle™ offers classes on nutrition, exercise, motivation, cooking, lifestyle changes, along with long term issues for continued success. Classes will be held while we are sailing and when we get to the ports you are off to explore paradise or go on an adventure of a lifetime. We will meet at dinner to share where we explored or what adventure we experienced each day.

Please consider joining us on one of our Make it a Lifestyle™ Cruises. It will be an adventure of your lifetime. Please feel free to call Dan, The Travel Man at 800-818-3739 about any travel questions or call me at 818-935-8530 for any questions about the seminar.

Monica Ganz, Ph.D., CWLC

TAMPA, FL

What's the attraction in Tampa? How about the Southeast's largest wooden double roller coaster where the cars pass inches in front of each other at crossing speeds of 100 mph? Or maybe it's the 300 acres of animal exhibits, entertainment and thrill rides. Tampa's world-famous Busch Gardens attracts millions of visitors every year and, with all that it has to offer, it's no wonder.

GRAND CAYMAN, CAYMAN ISLANDS

Grand Cayman, kissed by sparkling, turquoise waters, is a dream come true for water sports enthusiasts. You can snorkel with stingrays, go scuba diving, sail a catamaran, take in some sport fishing, or just mellow out along the powder-soft sand of the magnificent Seven Mile Beach. While you're there, don't forget to visit Hell, which is devilishly popular with senders of postcards.

COZUMEL, MEXICO

Long before Cancun became a popular destination, Cozumel was well-known as a diving spot and home to the world famous Palancar Reef, which gives divers the opportunity to view thousands of brilliantly colored fish. Non-divers can kick back on a sun-drenched beach, or enjoy any number of seaside activities, such as shopping in colorful marketplaces or dining in an open-air café.

BELIZE

This tropical paradise promises adventure, both onshore and off. Crystalline rivers flow through impressive lowland jungles, home to a myriad of rare wildlife. Silky sand beaches, waving palms and colorful coral gardens are just part of Belize's natural wonders. Whether mountain biking through a lush rain forest or snorkeling with sharks, you'll experience things you've only imagined.

ISLA ROATAN

This unspoiled island located almost 40 miles off the north coast of Honduras is part of the Bay Islands, which also include Guanaja and Utila. With a warm climate of around 80 degrees, you can lounge on the island's white sandy beaches or snorkel in crystal blue waters. You may spot some of the wildlife indigenous to the island, such as the Red Lored Parrot, the Lala Monkey or the Jesus Lizard, so named for its ability to "walk on water."

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We have held space for 60 passengers on this life-changing cruise/conference.

Please feel free to refer your friends and family to my website at www.DanTheTravelMan.com for more information. I will also be happy to mail or email this information to anyone who would consider such a cruise/conference experience. Please call my office and request the packet for the **Dr. Monica Ganz - "Make It A Lifestyle!" Caribbean Cruise/Conference 2010.**

Remember, only a \$300 fully-refundable, per-person deposit holds your space for this cruise/conference experience. An information sheet and reservation booking sheet are included in this package.

All reservations made through **All-Star Cruises & Travel, Inc.** and are fully backed by The Airline Reporting Corporation (ARC), Cruise Line International Association (CLIA) , International Association of Travel Agents Network (IATAN) , American Society of Travel Agents. (ASTA). We take our commitment to excellence very seriously. If you have any questions, please don't hesitate to contact us.

“Make It A Lifestyle” Caribbean Cruise/Conference 2010

- Sailing Dates:** Saturday, March 14-21, 2010
- Cruise Company:** Carnival Cruise Lines
- Name of Ship:** ms Carnival Legend
- Itinerary:** Sunday ~ Depart Tampa, Florida 4:00PM
Monday ~ at sea
Tuesday ~ Grand Cayman, Cayman Islands 7:00AM to 4:00PM
Wednesday ~ Cozumel, Mexico 10:00AM to 6:00PM
Thursday ~ Belize 8:00AM to 5:00PM
Friday ~ Isla Roatan 8:00AM to 3:00PM
Saturday ~ at sea
Sunday ~ Arrive Tampa, Florida 8:00AM
- Cruise Cost:** Category 12 Suite
\$2199 per person/double occupancy
3rd & 4th in same cabin - \$729
Category 11 Mini Suite
\$1599 per person/double occupancy
3rd in same cabin - \$729
Category 8B Oceanview Balcony
\$959 per person/double occupancy
3rd & 4th in same cabin - \$639
Category 6B Oceanview
\$889 per person/double occupancy
3rd & 4th in same cabin - \$589
Category 4B Inside
\$769 per person/double occupancy
3rd & 4th in same cabin - \$639
**Accessible cabins are available for those with special needs.
Please call for a quote.**
Single cabin cost = 200% of double occupancy fare
- Cruise Package Includes:** 7-night sailing aboard the ms Carnival Legend,
all food, entertainment and onboard activities, all schedule
events as presented by Dr. Monica Ganz,
taxes and conference fees.
Air from your home city is available. Please call for a quote.
Remember, when purchasing air from the cruise line,
transfers to and from the airport and pier are included.

- *Air & Pre-Packages:** We have negotiated special pre & post-packages for this special cruise/conference for those wishing to extend their vacations. If you need air, hotel, transfers, car or any other travel needs, please call me for a quote...800-818-3739 nationwide toll-free.
- Transfers:** Round trip transfers from Carnival are \$49 per person.
- Citizenship:** A valid passport is required. **Please verify that your passport is valid until November 2010.**
- Travel Insurance:** Travel insurance is highly recommended!
Please call for a cost quote.
- Payments:** A refundable* \$300.00 per-person deposit holds your space, and is due upon booking.
- *On December 21, 2009, cancellation penalties will apply.
Please see your brochure for amounts.*
- Final payment is due on December 21, 2009.
- Forms of Payment:** Cash, check, money order, and all major credit cards.

“Make It A Lifestyle” Caribbean Cruise/Conference 2010

Please PRINT Clearly! (for 3rd or 4th in the same cabin, please use a second booking sheet)

Legal Name w/middle initial (passenger #1) _____
Address _____
City/State/Zip _____
Home Telephone _____
Business Telephone _____
Emergency Contact Name & Phone Number _____
Email Address _____
Date of Birth _____ Are you a past Carnival Cruise Guest? _____
Are you a US Citizen? _____ Tee-Shirt Size S M L XL XXL XXXL XXXXL XXXXXL
Home Airport City? _____

Legal Name w/middle initial (passenger #2) _____
Address _____
City/State/Zip _____
Home Telephone _____
Business Telephone _____
Emergency Contact Name & Phone Number _____
Email Address _____
Date of Birth _____ Are you a past Carnival Cruise Guest? _____
Are you a US Citizen? _____ Tee-Shirt Size S M L XL XXL XXXL XXXXL XXXXXL
Home Airport City? _____

Smoking or Nonsmoking Cabin (circle one) - 2 twin beds or 1 queen (circle one)

Special dietary needs? Yes or No - Window or aisle seating on an airplane?

Please indicate room choice: 4B Inside _____ 6B Oceanview _____

8B Oceanview w/balcony _____ 11 Balcony mini -suite _____ 12 Balcony full-suite _____

Form of Payment...Cash - Check - Visa - Master Card - Discover - American Express

Credit Card Number _____
Expiration Date _____
Name as it appears on card _____
Billing address of card _____
City/State/Zip _____
Cardholder's Signature _____

Please send the completed reservation form, including your \$300.00 per person refundable* deposit, to:

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5386 Kelly Road - Flint, MI 48504

OR FAX 810-230-7992