

# All-Star Cruises & Travel, Inc.

Home of, "Dan, The Travel Man!"

Personal Attention/Professional Service

[www.DanTheTravelMan.com](http://www.DanTheTravelMan.com)

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## A Mexican Cruise/Conference Living Lighter and Healthier with Dr. Monica Ganz

October 30 - November 6, 2011

~ Disney Cruise Lines - Disney Wonder ~

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*

## LOS ANGELES, CALIFORNIA

Consisting of miles and miles of beaches, 98 parks, five public golf courses and the largest municipally operated marina system in the nation, Los Angeles is truly a paradise for lovers of the outdoors. The near perfect weather and friendly residents are an added bonus! Visit historic sites in nearby Long Beach, such as Rancho Los Alamitos, the Tallship Californian and the Long Beach Museum of Art. Don't forget the legendary Queen Mary Hotel, rumored to be haunted; you might even spot some of her permanent "visitors."

## PUERTO VALLARTA. MEXICO

Puerto Vallarta has all the amenities of a classic beach resort: surf, sand and sun. But, that's just the beginning. Perfect for honeymooners, families and seniors alike, Puerto Vallarta features fun-filled activities including: sport fishing, golfing, horseback riding, hiking and whale watching. A modern destination that remains loyal to its traditional Mexican roots, this port is distinct from any other destination in Mexico. The mountains, jungles, beaches, rivers and waterfalls make Puerto Vallarta the perfect vacation destination.

## MAZATLAN, MEXICO

If you're ready to experience some of the finest sailing and sport fishing available, then you're ready for Mazatlan. This is an exquisite seaside resort by anyone's standards. Of course, you don't have to partake in world-class water sports to enjoy Mazatlan. You can relax on one of its soft-sand beaches caressed by trade winds that are even softer. Or shop for silver jewelry and Mexican crafts in the shops of "The Golden Zone," where you can also celebrate your purchases at one of the area's lively cantinas.

## CABO SAN LUCAS, MEXICO

Championship golf courses, world-class deep sea fishing and incredible diving opportunities have transformed Cabo San Lucas, a once sleepy fishing town located on the southern tip of the Baja California Peninsula, into one of the most popular resort destinations in Mexico. Rolling sand dunes and hidden coves dot a countryside ringed by some of the most famous and often-photographed rock formations in the world.

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We have held space for 50 passengers on this life-changing cruise/conference.

Please feel free to refer your friends and family to my website at [www.DanTheTravelMan.com](http://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!" Mexican Cruise/Conference 2011.**

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.

# Living Lighter & Healthier with Dr. Monica Ganz Mexican Cruise/Conference 2011

- Sailing Dates:** Sunday, October 30 - Sunday, November 6, 2011
- Cruise Company:** Disney Cruise Lines
- Name of Ship:** ms Disney Wonder
- Itinerary:**  
Sunday ~ Depart Los Angeles, California 4:00PM  
Monday ~ at sea  
Tuesday ~ at sea  
Wednesday ~ Puerto Vallarta, Mexico 7:30AM to 7:00PM  
Thursday ~ Mazatlan, Mexico 7:30AM to 7:30PM  
Friday ~ Cabo San Lucas, Mexico 7:15AM to 3:30PM  
Saturday ~ at sea  
Sunday ~ Arrive Los Angeles, California 9:30AM
- Cruise Cost:**  
Category 11C inside  
\$849 per person/double occupancy  
3rd & 4th in same cabin - \$699  
Category 11D inside  
\$899 per person/double occupancy  
3rd & 4th in same cabin - \$699  
Category 9C Oceanview  
\$1099 per person/double occupancy  
3rd & 4th in same cabin - \$749  
Category 5C Oceanview Balcony  
\$1339 per person/double occupancy  
3rd & 4th in same cabin - \$799  
Mini Suites and Full Suites Available  
Call for a quote.  
**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 Disney Wonder,  
all food, entertainment and onboard activities, all scheduled  
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 Disney are \$72 per person.
- Citizenship:** A valid passport is required. **Please verify that your passport is valid until July 2012.**
- 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 August 11, 2011, cancellation penalties will apply.  
Please see your brochure for amounts.*
- Final payment is due on August 11, 2011.
- Forms of Payment:** Cash, check, money order, and all major credit cards.

# Living Lighter & Healthier With Dr. Monica Ganz Mexican Cruise/Conference 2011

Please PRINT Clearly! (for 3rd, 4th and 5th 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 Disney Cruise Guest? \_\_\_\_\_  
Are you a US Citizen? \_\_\_\_\_ 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 Disney Cruise Guest? \_\_\_\_\_  
Are you a US Citizen? \_\_\_\_\_ 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: 11C Inside \_\_\_\_\_ 11B Inside \_\_\_\_\_**

**9C Oceanview \_\_\_\_\_ 5C Oceanview w/Balcony**

**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:

**Living Lighter Mexican Cruise/Conference 2011**

**All-Star Cruises & Travel, Inc.**

**5386 Kelly Road - Flint, MI 48504**

**OR FAX 810-230-7992**