



PERU: Lima, Cusco & the Sacred Valley
September 21-29, 2019

\$5,399 (based on double occupancy)

\$899 (Single supplement)

BOOK NOW 888.747.7501

Program Highlights

- 8 nights / 9-day journey through Peru
- Cross a visit to **Machu Picchu** off your bucket list. Your day-trip will include an expert guide bringing your visit to life.
- **Accompanying guest program** – alternate activities will be provided for guests who do not wish to attend the meetings.
- **Optional Rainforest Extension** will be available
- *Your journey leaders and Mount Saint Mary's University Los Angeles are collaborating to develop this educational activity. Continuing nursing education contact hours are currently being determined and will be submitted for approval under Department of Nursing BRN Provider #00335. 8.0 CEU contact hours will be sought.*

Focus on Educational Interaction

- Learn about the **Peruvian health care delivery system**, including complementary and alternative medicine (CAM) as well as ancient healing techniques.
- **Examine health care provider education**, nursing education and models of care.
- Visit a **natural medicine center** in Cusco to learn about ancient healing techniques.
- Observe the type of healthcare provided for citizens across the lifespan including care of the family, the elderly, and mental health.
- Discuss **models of practice**—e.g., the **Roy Adaptation Model—grantsmanship**, and **publishing** with your journey leaders.

Focus on the community

- Giving back and engaging with the local community is an important part of your journey. During your visit to the Sacred Valley, you will visit a **local rural clinic**.
- Experience a blessing from an **Andean Shaman** with a ritual including traditional elements to shield against harmful, evil intentions and energies.

Program Leaders: Gertrude (Trudi) Kay McFarland, RN, PhD, FAAN

Health Scientist Administrator (Ret), Nursing Research Study Section, NIH, former Nursing Education Consultant, HRSA, USPHS, specializes in psychiatric mental health nursing, research administration & education. She has received many NIH & USPHS awards; AJN Book Awards; a 2015 University Outstanding Career Achievement Award; has led numerous overseas delegations: Cuba (2015, 2016), Argentina/Chile (2017); & has a working knowledge of Spanish.

Callista Roy, PhD, RN, FAAN is Adjunct Professor & Nurse Theorist, Mount St. Mary's University Los Angeles; Professor Emeritus, Connell School of Nursing, Boston College; and a Sister of St. Joseph of Carondelet. Callista is recognized worldwide for the Roy Adaptation Model which she developed. She is the recipient of six honorary doctoral degrees, recognized as a Living Legend by the American Academy of Nursing, inducted into the Nurse Research Hall of Fame of Sigma Theta Tau International, has published extensively, and is a frequent invited speaker, consultant and advisor worldwide.



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