



GUATEMALA: Antigua,

Lake Atitlán & Guatemala City

October 7-16, 2019

\$5,299 (based on double occupancy)

\$899 (Single supplement)

BOOK NOW 888.747.7501

Guatemala has a lot to offer including a rich cultural heritage, dating back four thousand years to the times of the Mayan people, whose legacy still lives on today. The country is exceptionally beautiful geographically with stunning vistas dotted with lakes and volcanoes. It is easy to access from the U.S., easy to get from city to city due to its small size, and has a pleasant year-round climate.

Program Highlights

- 9 nights / 10-day journey through Guatemala
- **Accompanying guest program** available on this itinerary
- Explore the Mayan ruins of **Iximche**, dating back to 1524
- Enjoy a **sunrise hike** up Indian Nose in Atitlán

Focus on healthcare

- **Interact with dietitians, nurses and diabetes educators** from a variety of facilities throughout your travels. Explore Guatemala's healthcare system while you broaden your world view of chronic disease (diabetes as the use case) experiences and challenges in another country from the perspective of the healthcare system, the community, and the people with chronic disease.
- Develop an appreciation of Guatemala's response to health challenges through a mutual exchange with representatives from local hospitals and clinics such as **Charlie Gomez Medical Clinic, Hospitalito Atitlán**, and **Casa Jackson Hospital for Malnourished Children**.

Focus on the community & culture

- Giving back and engaging with the local community is an important part of your journey. Spend time with the **faculty and local school children** in Antigua in cooperation with the team at *Niños de Guatemala*. Share your knowledge with their faculty about nutrition to support their goals to end malnutrition for the local children.
- Visit the community of **San Lorenzo el Cubo** and meet with a family in their home to learn about the art of making Guatemalan worry dolls.
- Guatemala has some of the best coffee in the world, so you will take part in a **coffee and catación workshop** to learn farm to table processes.
- Visit a local **women weavers' textile cooperative** to learn about and participate in the process of ancestral weaving.

Program Leader: Program Leader: Malinda Peeples, MS, RN, CDE, FAADE, Vice President of Clinical Services at WellDoc

- Malinda serves as Vice President of Clinical Services, Programs, and Research at WellDoc, a digital health company transforming the delivery of health care with digital therapeutics focused on chronic disease care. She is a diabetes educator, clinical and informatics nurse specialist, who served as president of AADE from 2005-2006.



Why Nanda Journeys?
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