

October 19-26, 2025



# SELF-CARE at Sea

**ROOMS START AT  
\$1068 PER PERSON**

**PAYMENT PLAN  
AS LOW AS \$125 PER  
MONTH, PER PERSON!**

This is more than just a voyage; it's a dedicated journey focused on promoting self-care among caregivers and their loved ones. With a theme centered around relaxation, wellness, and education, the "Self-Care at Sea" cruise aims to provide a rejuvenating experience amidst the serene Caribbean waters. Please join us as we celebrate taking care in an all new way and creating memories and skills to last a lifetime.

**Book Now! [www.funseas.com/self-care](http://www.funseas.com/self-care)**



## The Itinerary

- Miami, Florida
- At Sea
- Puerto Plata, Dominican Republic
- Tortola, British Virgin Islands
- St. Thomas, USVI
- At Sea
- Great Stirrup Cay, Bahamas
- Miami, Florida

## What's Included

- 7-Nights Accommodation aboard the New NCL Aqua
- Daily cabin service and evening turn bedding turndown
- Complimentary dining in the Main Dining Room, Buffet, and 24-Hour Eatery.
- Beverage Package (gratuities not included)
- One Specialty Restaurant Meal, Entertainment, relaxation and so much more!

## Pricing

Rooms start as low as \$1068 per person. Low payment plan is available!

## July Special!

Book your stateroom in July 2024 with a deposit as small as \$125 pp and receive a "sail away" gift of Chocolate Truffles and a bottle of Sparkling Wine IN YOUR cabin!

## Your Hosts:



(L to R) Natalie Elliott Handy & JJ Elliott-Hill, Confessions of a Reluctant Caregiver; Cindy and Christina Hardin-Weiss, Adaptive Equipment & Caregiving Corner; Terrance & LuCretia Hawthorne, Caregivers Lifestyle; Carrie Aalberts, Dementia Darling; Elizabeth Miller, Happy Healthy Caregiver; and, Christina Keys, Keys for Caregiving.